

The True Banting Diet (v1.1)

Introduction

(Part 1 of 2)

I stumbled on to the term “**Conventional Wisdom**” while researching this project, I didn’t know what it meant, here’s a simple definition: “Conventional wisdom is a series of ideas or explanations generally accepted by the public and/or by experts in a field.” I learned the term when I was reading through TV Guide’s 50 Greatest Shows of All Time, (2002) number 1 was the comedy series Seinfeld.

Paraphrased sentence: “Conventional wisdom celebrating the brilliance of Seinfeld is that it was a show about nothing, but conventional wisdom was wrong, Seinfeld was a show about everything.” The importance of correcting that error isn’t high, it’s not going to affect anyone’s life significantly.

Why I’m mentioning conventional wisdom in my opening paragraph is because conventional wisdom is also wrong about William Banting and his dietary system, but if this error isn’t corrected, it could significantly impact the lives of a lot of people who believe William Banting ate a ~~high fat~~ diet to lose his excess weight when it was actually a low fat diet that gave William once and forever weight loss.

Too much belly fat, even for people with a healthy BMI, raises heart risks

The world has a pretty big health problem, heart disease is the number 1 cause of death globally, but that wasn’t always the case, 100 years ago heart disease was rare, so this current course doesn’t have to stay the course, this American Heart Association (AHA) 2021 headline is so important to understand, it’s not “Belly fat”, it’s “Too much belly fat”.

I’ve had a little bit of experience with premature heart disease related death, it’s not fun for anyone, away from the actual person, there’s the people they leave behind whose lives are changed forever.

By American Heart Association News

You’ve probably never heard of William Banting, most people haven’t, I know about him because he’s my Great, Great, Great, Great Grandfather. What William did firstly for himself, then for many others around the world (including myself) by sharing his sustainable weight loss dietary system, I think could be a big key to unlocking today’s weight loss/heart health problem, but only when The True Banting Dietary System is understood.

I’m a simple person, this document is going to be a simple document, belly fat language simple, (mostly) there were two other options to write for belly fat according to the AHA article, they were abdominal fat and visceral adipose tissue, my goal is to make simple excess weight loss shoelace tying simple, we all learn to tie our shoelaces when we’re kids, tying shoelaces is a simple system.

I’ll bet you tie your shoelaces the same way every time, (there’s more than one way to tie shoelaces) and if yours stay tied, I think that’s a practical example of a great system. William Banting’s weight loss was steady and systematic, it’s helped me so much to think of my daily diet as a dietary system, a delicious, healthy, affordable and convenient dietary system.

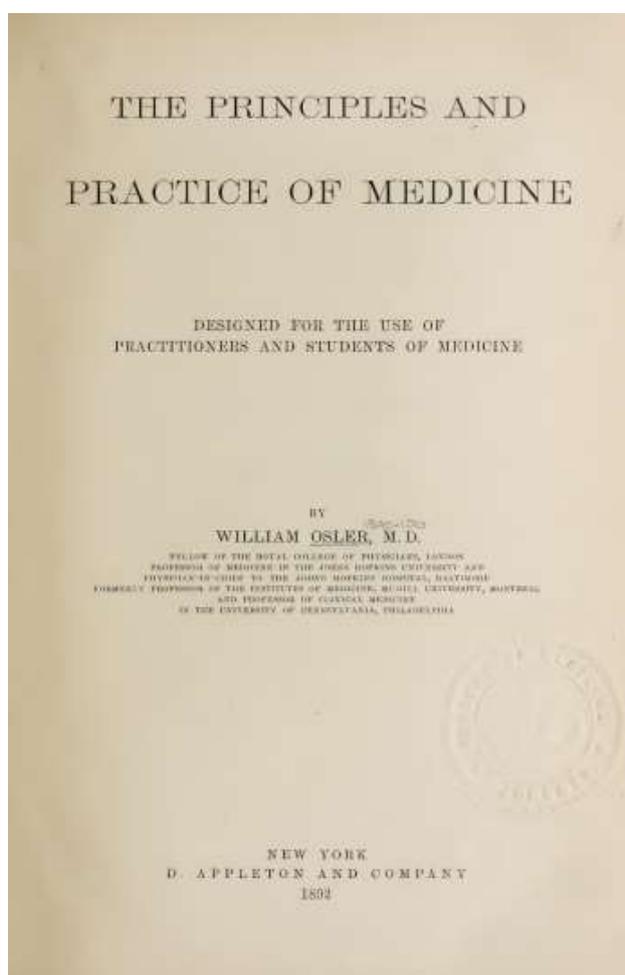
Let’s go way back to the year 1863, it was an interesting year (by co-incidence) in nutrition history, two words that became very big (just at different times) first appeared in the English language that same year, Calorie and Banting. In the popular science paper, ‘History of the calorie in nutrition’, James L Hargrove, a dentist and professor wrote, “In 1863, the word [calorie] entered the English language through translation of Ganot’s popular French physics text, which defined a Calorie as the heat needed to raise the temperature of 1 kg of water from 0 to 1 degrees C.”

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Banting simply referred to the original weight loss dietary system, named after William Banting, who having been on a search for around 20 - 30 years to try and lose the excess weight that had caused him a great amount of discomfort, (William couldn't bend over to tie his own shoelaces) he not only lost 46 lbs / 21 kgs in his first 12 months (50 lbs / 23 kgs in a little over 12 months) William lost that excess weight once and forever with the Banting system, give or take a few pounds, there was no yo-yo dieting with William, he was the original once and forever weight loss patient.

Not that it was ever a contest, but in the western world, for 40 - 60 years, the practical word Banting was the dominant word used for weight loss, in comparison to the scientific word Calorie, Calories weren't thought about as a gauge to measure food energy until after an 1887 US magazine article written by young chemist Wilbur Olan Atwater.

William Banting passed away 9 years earlier, in 1878, at the age of 81, so it's clearly evident that there was successful long term weight loss before Calories were ever used in nutrition.



To understand just how big the word Banting became, not just with the general public, but in medicine too, the main medical textbook from the late 1800's for over 40 years was The Principles and Practice of Medicine, (1892) by Sir William Osler. Dr Osler, widely regarded as 'The Father of Modern Medicine', was one of the four founding professors of Johns Hopkins Hospital, and the world's leading authority for modern medicine teaching, he listed Banting first in the treatment methods for Obesity.

Banting was introduced in only two ways in the first nine editions of The Principles and Practice of Medicine, the ninth edition was released in 1920, 28 years after the first. Dr Osler first wrote, "the most important of which are those of Banting, ..." then it became, "in the celebrated one of Banting ..."

It was in the tenth edition (1925) that Banting was removed from the Obesity treatment section, and it was also the first time the word Calorie appeared in the obesity section of The Principles and Practice of Medicine. Sir William Osler passed away in 1919.

What I found incredibly interesting about Banting being removed from the 1925 tenth edition Obesity treatment section and the word Calorie appearing for the first time in the new 'Diet' section is the Doctors were still recommending the overall Banting system, they just simply stopped calling it Banting, e.g. "In mild cases restriction of the carbohydrates and fats may be enough" and "Some patients do well on two meals a day; others are better with four small meals."

William reduced both his carbohydrate and fat consumption on his new weight loss dietary system, compared to his previous diet, but he still ate bread every day, he simply reduced the amount he was eating. And William ate 4 meals a day, but they weren't 'four small meals', they ranged in size.

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I can think of at least three possible reasons why Banting was removed from the Obesity section of The Principles and Practice of Medicine tenth edition and beyond, the first being that in 1922 Insulin was co-discovered by Dr Frederick Banting and Dr Charles Best. Following their breakthrough discovery, Dr Banting obviously entered the Diabetes section of the next (tenth) edition and beyond.

Another reason why I think Banting, in relation to William Banting and his weight loss dietary system was removed is because Banting wasn't a scientific word at the time, not like the word Calorie is, (Banting was and still is listed as a medical word in the dictionary) albeit under its formal name, Bantingism, but the definition is subjective and as a result, misleading. I'm going to show you it later on, I'll also finish Dr Osler's ... sentences from the previous page, as well as share the other reason.

William used a great horse-riding metaphor in his letters, here he is responding to a letter from an American man, James H Brown. William wrote in the early 1870's, "You may now feel you have the reins of your own health in your own hands and can slacken or tighten them as you think proper."

This first image below was the first ever motor car, it was built by Carl Benz and unveiled in 1886, that was over 20 years after William Banting lost his weight, restoring both his health and comfort. Obviously this first motor car below would be laughed at by transport regulators if they tried to register it to drive on roads today, kind of like parts of the diet William Banting consumed 160 years ago, (turns out William's new diet was an athletic type of diet that had been around for many years, with some key little changes you'll soon see) it just hadn't yet been applied to the overweight/obese population, William simply made the medical community and other people struggling to lose simple excess weight aware of it. This second image is just one example of what Benz became, now in 2022.



In modernising The Banting System, I'm modernising William's metaphors too, the motor car was the transport vehicle that replaced the horse, so it's the appropriate metaphor. The foods and drinks (Calories) we consume is the equivalent of the fuel we put in our cars, so telling a person to eat a set number of Calories a day is like telling you to drive your car a set number of gallons/litres each day. Calories alone don't take into account the type of Calories, (so important, not just for heart health) and even if you land on a set number of Calories each day, that doesn't even mean you're going to lose any excess weight, it works for some, but it's confusing and complicated for so many others.

There was so much more to Banting than just the Calorie deficit, there was the framework that led to William's once and forever weight loss, as well as his protein, fat, carb and alcohol composition. Most people aware of William's diet mistakenly believe it's a rapid weight loss diet, when in reality it was the exact opposite, William's weight loss was slow and steady, resulting in once and forever. I'm starting The True Banting Diet introducing you to a new evidence based, scientific weight loss term that I think could bring Banting back to the mainstream in a truthful way, not to wipe out the word Calorie, but to work with it to benefit others, the term is 'Banting Balance', and it's based on William's 12 month weight loss speed, Banting Balance is just the starting point of this road trip.

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Friday, August 26th, 2022

160 years ago today, (Tuesday, August 26th, 1862) the original once and forever weight loss patient started his new dietary system, (diets were called systems back then, or dietary systems) and that's what The Banting System produced for William Banting, steady, systematic weight loss, William lost just 3 - 5 lbs / 1.5 - 2.5 kgs each month, I call it Banting Balance, it's a slower weight loss speed than today's rapid weight loss diets like Keto, but in William's case, as I think will be the case with myself, (William is my 4 Greats Grandfather) once and forever weight loss was/will be the end result.

The contribution of William and his doctor, another William, Dr William Harvey, should have them known around the world today as the Wright Brothers of Sustainable Weight Loss, it's a sad situation that they're not, but a situation that's not too late to correct and set straight.

Below is William's Turning Point 12 Month Weight Loss Timeline, this one page, (and a few other passages of William's writing) changed my life forever in 2019 when I calculated how fast William lost his 46 lbs / 21 kgs, giving me an objective weight loss speed to aim for, that's Banting Balance. Calorie Counting doesn't guarantee weight loss, finding Banting Balance does, here's how I found it.

BANTING BALANCE

WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

26 th Aug		My weight on 26th August, 1862, was 202 lbs. 91.6 kg					
		← 90.7kg	lbs.	kg	lbs.	MONTH (ESTIMATE)	
26 th Sept	27th	"	197	89.3	3	1	5 lb 2.3 kg
26 th Oct	19th	October	193	87.5	4	2	5 lb 2.3 kg
26 th Nov	9th	November	190	86.2	3	3	4 lb 1.8 kg
	3rd	December	187	84.8	3	4	4 lb 1.8 kg
26 th Dec	24th	"	184	83.5	3		
26 th Jan	14th	Jan., 1863	182	82.6	2	5	3 lb 1.4 kg
	4th	February	180	81.7	2	6	3 lb 1.4 kg
26 th Feb	25th	"	178	80.7	2		
26 th Mar	18th	March	176	79.8	2	7	3 lb 1.4 kg
26 th Apr	8th	April	173	78.5	3	8	5 lb 2.3 kg
	29th	"	170	77.1	3	9	4 lb 1.8 kg
26 th May	20th	May	167	75.8	3		
26 th Jun	10th	June	164	74.4	3	10	4 lb 1.8 kg
	1st	July	161	73.0	3	11	3 lb 1.4 kg
26 th July	22nd	"	159	72.1	2		
	12th	August	157	71.2	2	12	3 lb 1.4 kg
26 th Aug	26th	"	156	70.8	1		
	12th	September	156	70.8	0		
Total loss of weight.. ..			46 lbs.	46 lb	21 kg		

1st Mth Weight Loss

12th Mth

Total

My girth is reduced round the waist, in tailor phraseology, 12½ inches, which extent was hardly conceivable even by my own friends, or my respected medical adviser, until I put on my former clothing, over what I now wear, which 31 cm ← Waistline Reduction
12¼ inches

WILLIAM'S WEIGHT LOSS RATE SPEED
3 - 5 lb / mth or 1.5 - 2.5 kg / mth
BANTING BALANCE

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Before continuing, here's the evidence proving William's weight loss was once and forever, three letters William replied to James H Brown over 3 years, (after the release of his 1869 fourth edition) the third of William's letters was 10 years after losing his weight, see his 50 lbs / 13 inches comment.

**Mr. Banting's :Letters to the Owner of the 1869
Edition which Is at Countway Library at Harvard
Medical School**

18 October 1870
4, The Terrace
Kensington.W.

To: James H. Brown, Esq.

My dear Sir

I have the pleasure to acknowledge the receipt of your letter "dated 30th September." This morning, nothing you could possibly have sent me from America or any other part of the World could have been more gratifying. I thank you heartily for it as well as for the newspaper scraps which accompanied it showing your kind, noble, and generous vindication of the Banting system. I assure you I am quite delighted that you and some of your friends have found benefit from a trial of it. I am constantly still receiving gratifying letters and the medical men in England; or at least some of the most important of them, have written to compliment me on what I have done. Hundreds regret they did not inaugurate it and indeed I for one am sorry they did not for I do not like notoriety. They all knew that my advice was right for attaining muscular strength for boating, cricket, and all athletic sports but just stopped short of applying it to the corpulent invalid. So, I have won a Tams which I never thought of and they have lost it but I surely believe if any Medical Man had written the Pamphlet no one would have cared to read or pursue the plans which hundreds and thousands of people have pursued beneficially in all parts of the World.

It matters very little and certainly nothing to me what jest ridicule or abuse is bestowed upon the system for the great and simple fact remains uncontroversial and I am beyond suppression of any kind and simply highly pleased and delighted that I have aided in waking up Medical Men and others to a proper state of reflection.

Like you, I do not vary more than a pound during the year. I am now close on 74, have general good health, mentally and bodily, which I had not when I had to carry 50 lbs additional useless fat. I thank you for good and kind wishes. I and mine are all well and quite happy and all beyond the reach of want or poverty. It will be our own fault if we ever fall into worse circumstances, not at all likely.

With reiterated and hearty thanks and every good wish

I remain
Dear Sir
Yours sincerely
W. Banting

Dear Sir

I am very much gratified by your highly interesting letter just received-much obliged to you for sending to me, very much pleased to acknowledge and reply to it with my hearty congratulations that you have found benefit from the even partial practice of the dietary system which it was my privilege to disseminate for the advantage and benefit of my fellow man in all parts of the civilized world. I am very glad you have obtained my fourth edition on account of the confirmatory proof of the correction of my own humble testimony. You have done so much and so well that I have not a word to add in the way of advice. You may now feel you have the reins of your own health in your own hands and can slacken or tighten them as you think proper. I am sure you will disseminate your experience to our fellow men as I have endeavoured to do and I hope that in time when skepticism is quite abated we may drive undue corpulence out of the civilized world.

With every good wish I remain

Dear Sir

Yours sincerely

William Banting

Dear Sir

I beg to acknowledge the receipt of your kind letter and the articles from the Philadelphia Daily Evening Telegraph of the 8th. I think it a very able and highly interesting article. It is particularly gratifying to me to have the matter so noticed, not for any feeling as regard myself personally, but I think it will much aid in disseminating the system for the benefit of our fellow men. I heard of it last week and have written to the Editor today how much I was pleased. I was gratified to learn that my 3rd Edition had gone through 5 or 6 in Philadelphia and that it had gone through several in New York as well as being published in its entirety in one of their Journals.

Niemeyer's lecture in my 4th Edition is a most interesting and valuable testimonial to the utility of the system properly considered and judiciously followed and I thank you on the part of our fellow men for doing all you can to bring it fully into public consideration. I heartily thank you for the letter and the article, remaining with every good wish to you and yours.

Dear Sir

Yours faithfully

William Banting

10 YEARS
LATER

↓ I continue in good bodily and mental health, am in my 76th year - have lost 50 lbs in weight - 13 inches in girth and maintain my normal condition - Few men of my age more active - I cannot expect this will last much longer.

My 3rd Edition reached 63,000 copies when I published the result and since that 3 or 4 hundred copies have been sold.

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Searching for the complete version of William's 4th edition of his book, in part because of the letters on the previous page, you'll see the words in the paragraph above my handwritten '10 YEARS LATER' note, William says, "Niemeyer's lecture in my 4th Edition", I'd never seen a fourth edition of William's letter with Dr Niemeyer's lecture, so I started searching for it, and found a copy in March 2020.

It's the Leeds (UK) University Library's copy. Among many valuable extras, it also includes notes from 138 people who tried to implement The Banting System, William included updated notes from some, like this one, this lady lost 43 lbs (19.5kg) in 12 months, 51 lbs (23kg) in 14 months, (Banting Balance) and mentions her friend Mrs G lost 2 stone (28 lbs / 12.7kg) in about 6 months, also Banting Balance.

From A LADY.

1058. June, 1864.

YOU expressed a wish that any one who had benefited from the regimen prescribed should communicate with you. I have to offer you my sincere thanks for its publication. I first noticed some criticisms in the "Cornhill," and then obtained your book. I was then under medical care, and only began the diet, in a measure, from February to the end of April, when I began most strictly to follow you in everything, and now, though only five weeks has elapsed, there is most decided decrease, but I have not been weighed, as it is extremely difficult for a lady to get weighed. A good medical friend in London, to whom I sent the pamphlet, advised me to carry your diet out strictly, while my own medical man here pooh-pooched it. I have been for some years past, as I believe, in imminent danger of apoplexy, and now I sleep but little, and that comfortably. My food is enjoyed, and there is an elasticity about me that I have not felt for years. My children say they will daily thank you for prolonging their mother's life. I intend to consult Mr. Harvey when next in London.

1235. August, 1864.

I AM losing about 1 lb. per week. I did weigh before I began your system, on 1st May, 16 st. 8 lb. I was weighed, 18 June, 15 st. 7 lb., and again, 18 July, 15 st. 3 lb. I am now waiting for another opportunity to ascertain my weight. I am constantly told how much thinner I am, to which I reply, and I am very grateful for it.

1713. May, 1865.

I AM pleased to be able to give a good report of my declension. I walked to be weighed, 13 st. 7 lb., and home again (a walk of four miles), and then pursued my usual duties in the day, but took an extra bath at night. I send you herewith a correct list of my decrease in weight from May 1, 1864, 16 st. 8 lb., to yesterday, 13 st. 7 lb. I am grateful to you every hour of the day. My friend Mrs. G—— has decreased 2 st. since November, and is so very much better for it.

1746. July, 1865.

I WAS weighed again yesterday, and was down to 12 st. 13 lbs. It was quite a satisfaction, and I am thankful for it. When I am under 12 st. I shall have passed the rubicon.

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Another Way to Look at Losing 132 lbs / 60 kgs

I've driven Uber and DiDi for 5 years (next month) to continue funding my work, initially it was just about the extra income, then I found my car became like a little research lab for me, starting with an app I was having built that helps people manage their spending better, it's called Your Spending.

I've completed over 23,500 trips and driven more than 420,000 km / 260,000 miles. One great car mechanic who fixed my car last year after an incorrect initial diagnosis asked me if my car had two drivers (after seeing the total km) I said nah, just me. This hasn't been easy, but it has allowed me to continue progressing with my work away from driving, I've just had next to no life outside work.

I've had a lot of conversations now with people about health too, this 60kg / 132 lbs story was one of them. It was a male passenger, the trip was either in the second half of 2019 or early 2020, it was definitely before coronavirus, but it was also after I'd lost my 15kg (33 lbs) in 12 months in mid 2019, by finding Banting Balance at the end of that 12 months, for 3 straight months, 1.5kg + 1.5kg + 2.5kg.

The man told me he'd lost 60kg (132 lbs) in 2 years, but he said he "cheated" and had weight loss surgery. Firstly, I don't believe weight loss surgery is cheating, for many people it's been a life changing experience for them, but surgery doesn't work for every person who's operated on.

During our trip, about a 20 minute ride, I was thinking about the amount of weight this man had lost, 60kg/132lbs, and the amount of time he'd lost it in, 2 years (24 months), I realised that for such a large amount of total weight loss, when it's broken down, it's only a pretty small amount of monthly weight loss, just 2.5kg / 5.5 lbs each month. Small amounts combined total significant amounts, and a great chance for once and forever weight loss, because you learned slow and steady weight loss.

Month 1:	2.5kg (5.5 lb)	Month 13:	2.5kg (5.5 lb)
Month 2:	2.5kg (5.5 lb)	Month 14:	2.5kg (5.5 lb)
Month 3:	2.5kg (5.5 lb)	Month 15:	2.5kg (5.5 lb)
Month 4:	2.5kg (5.5 lb)	Month 16:	2.5kg (5.5 lb)
Month 5:	2.5kg (5.5 lb)	Month 17:	2.5kg (5.5 lb)
Month 6:	2.5kg (5.5 lb)	Month 18:	2.5kg (5.5 lb)
Month 7:	2.5kg (5.5 lb)	Month 19:	2.5kg (5.5 lb)
Month 8:	2.5kg (5.5 lb)	Month 20:	2.5kg (5.5 lb)
Month 9:	2.5kg (5.5 lb)	Month 21:	2.5kg (5.5 lb)
Month 10:	2.5kg (5.5 lb)	Month 22:	2.5kg (5.5 lb)
Month 11:	2.5kg (5.5 lb)	Month 23:	2.5kg (5.5 lb)
Month 12:	2.5kg (5.5 lb)	Month 24:	2.5kg (5.5 lb)
<u>Year 1 Total:</u>	<u>30kg (66 lbs)</u>	<u>Year 1 + 2:</u>	<u>60kg (132 lbs)</u>

William Banting's biggest weight loss month was only 5 lbs, (2.3kg) to reach this amount of weight loss it's an extra ½ lb monthly weight loss, I have a common sense 20% flexibility rule I apply to my health and weight loss work, it's simple, if I'm within 20% of higher or lower guideline numbers, and I'm healthy, I'm happy. (1.5 - 2.5kg for kilogram Banting Balance range are simple rounded numbers)

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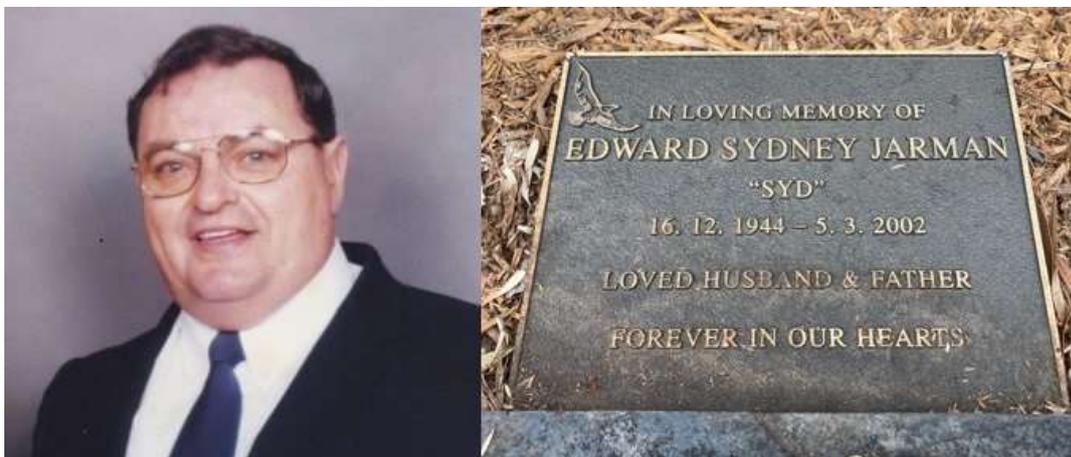
June, 2018

June, 2019

This was my Turning Point 12 Months, what's funny about my Turning Point 12 Months is that it started by accident, my June 2018 photo above is a photo taken at a club in Southport that I had to become a member of to eat a meal at, that's the only reason I have this June 2018 photo. What these two photos showed me is that a face photo (not total body photo) is all that's needed to see that my health was restored during these 12 months, which is what my program's all about, health. Medical tests with a good doctor are super important and I strongly recommend having them done.

This photo below is my Dad, Syd. (William Banting is Dad's 3 Greats Grandfather) I never had one conversation with Dad about William Banting, Dad had a heart attack and died when he was 57, while sitting at our dining room table in March 2002, it was a little after midnight, and while Mum was on the phone to the ambulance in the kitchen, I carried Dad's body to the ground and gave him CPR for around 15 minutes until they arrived. (I'm long past needing condolences, sincerely I am)

I made a little promise that I was going to make Dad's death mean something. I bought my first home when I was 20, (July 2002) then my first investment property a year later, I've had to sell both on my way to keeping that promise, to the point now 20 years later that I'm back living in the same bedroom I was living in that night, my living room and business set up in the garage, I had to lower my expenses as much as possible to complete this next stage of my I AM health project, I AM stands for Improvement After Movement, a little message that came to mind in 2006 that's helped me a lot in the years since. A build-up of heart plaque resulted in this premature plaque. (5. 3. is March 5)



Improvement After Movement

Because the Banting name has been incorrectly used for so many years, it's very difficult to find accurate information about William online, I own Banting.com but even that's been hard to find.

Last week Banting.com was hacked, I called up about it, it wasn't a quick fix from my end, I still had so much to do to complete this document by August 26 so didn't worry about it, it still looks like this.



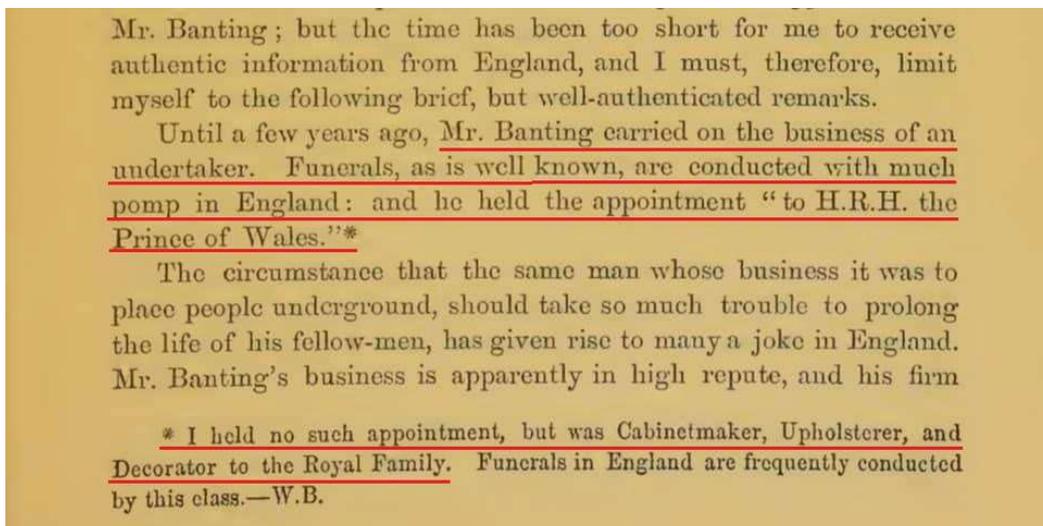
Forbidden

You don't have permission to access this resource.

I've been telling everyone to google 'improvement after movement' to find my once and forever weight loss program for ages now anyway, my entire program is on the I AM website, including this document, the app I had built to help people manage their spending better, and a whole lot more.

Away from getting The Banting System wrong, (William's dietary system was low fat, not high-fat) here's a quick example of another piece of wrong online information about William, what his profession was, if you do a William Banting search on google, it currently labels William as an Undertaker, this is incorrect, William states in the complete 4th edition of his book released in 1869 that he was, "**Cabinetmaker, Upholsterer, and Decorator to the Royal Family.**" (UK Royal Family)

See William's * correction comment below, somehow this error has never been corrected and his incorrect ~~Undertaker~~ label has continued to 2022, I think Author is one accurate title for William.



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I think a strong case can be made that William Banting is the most honest person in nutrition history, his honesty is my compass for my once and forever weight loss program.

This is the only credible photo of William there is, he wrote, "I deeply regret not having secured a photographic portrait of my original figure in 1862..." William released the first edition of his letter while he was still losing weight, 9 months into his Turning Point 12 Months, (the birth of Banting).

I think it's possible this photo was taken while William was still losing weight, which as he points out in his timeline page, he lost 12¼ inches / 31cm from his waistline in 12 months, so after 9 months he still had about 3 inches / 7.5cm to go. William was only 5 foot 5 inches tall (165cm), so 46 lbs / 21kg means a much wider waistline and much more daily discomfort than a taller person.

I'm going to talk more later on about weight, waistline and simple medical health markers we can all understand, right now I want to stay focused on correcting the incorrect information about William.

In the movie 'A Beautiful Day in the Neighbourhood', award winning journalist Lloyd Vogel (Vogel is a fictional name, character based on Tom Junod) he said these valuable comments about journalism in a speech in the opening scenes, here's part of it, "We get to expose the truth that others cannot see, and sometimes, just sometimes, we get to change a broken world with our words."



William Banting google search in July 2022.

William being incorrectly labelled an ~~Undertaker~~ is just the tip of the iceberg when it comes to the fiction attached to his Banting name.

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Before we start this next section, it's important to me that I point out that I'm not a journalist, I'm simply a person who struggled to find and maintain a healthy weight/waistline for around 30 years of my life, from this list of these 4 common eating disorders, overeating, binge eating, bulimia and anorexia, I've experienced the first 3, overeating and binge eating by far the most (around 99%).

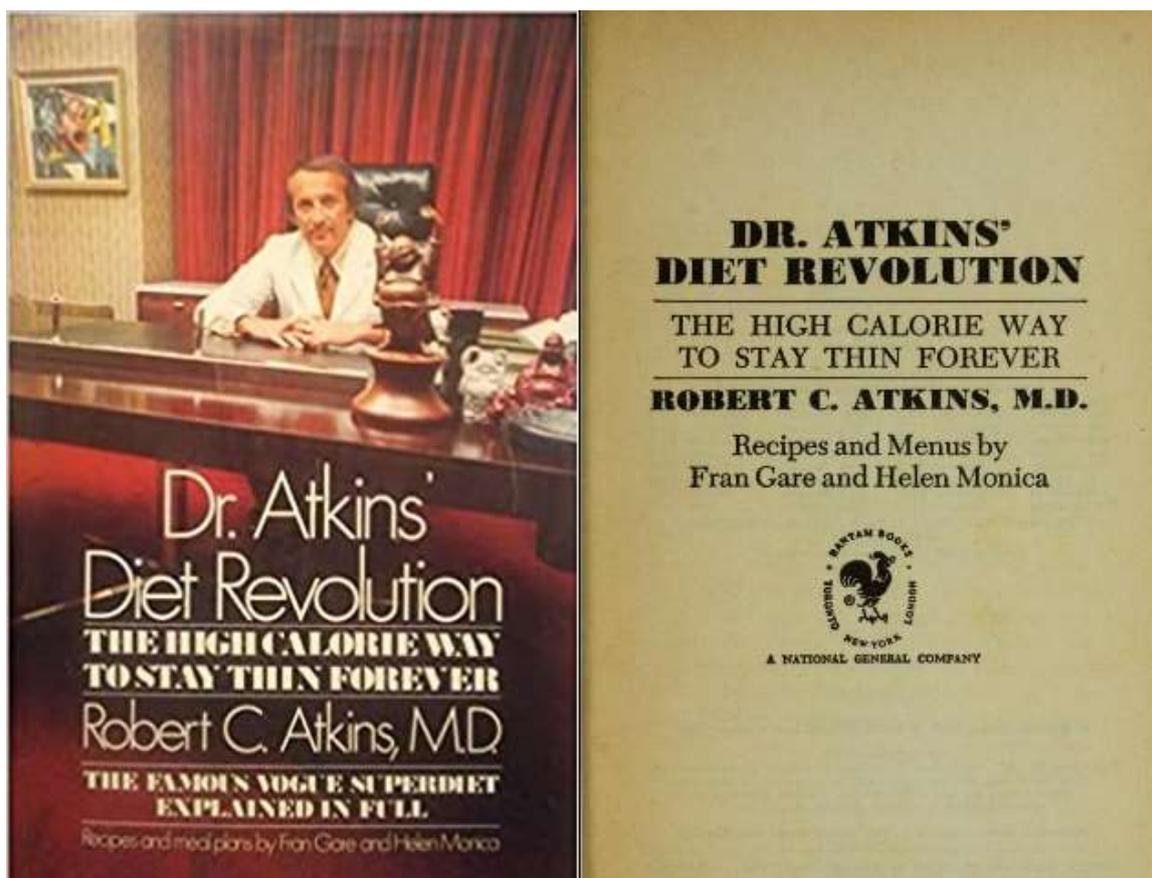
I watched my Dad struggle terribly with his eating and drinking habits, (I learned some of them) then watched him have his heart attack and die at 57, for myself now, this is all about preventing history from repeating itself. Over 20 years down the road, I'm well on my way to avoiding Dad's fate, and feel like the time's right to bring others along for the ride, starting from a True Banting foundation.

There's some nutrition fiction that needs correcting in relation to William Banting's dietary system, and it's the incorrect connection it has currently with today's Keto diet, but prior to Keto, the famous Atkins diet, True Banting doesn't belong in this line of high fat diet history.

Famous US television host Larry King (now deceased) described Dr Atkins as the "The world's most controversial diet guru", Dr Atkins updated book, Dr Atkins New Diet Revolution is the most sold diet book in history. This is a passage from a New York Times article after Dr Atkins passed away in 2003.

"In 1972, Dr. Atkins published one of the most influential weight-loss plans of the 20th century, "Dr. Atkins Diet Revolution." Its various editions sold more than 15 million copies, making it one of the best-selling books ever." New York Times (2003)

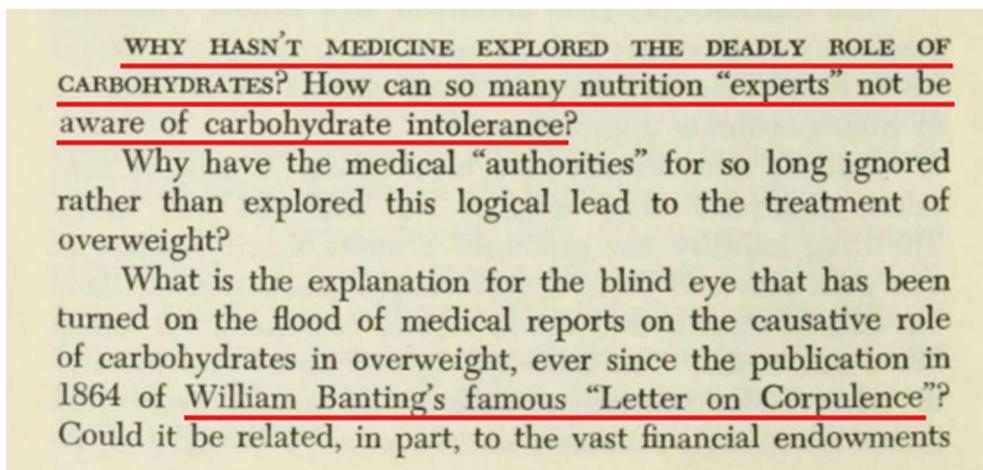
Here's the cover of Dr Atkins first book, see the sub-title, The High Calorie Way To Stay Thin Forever.



Phase 1 of Dr Atkins Diet is Keto, eating less than 20g, 25g, 30g, 40g, or 50g of carbohydrates a day, depending on who you listen to. Dr Atkins was the first doctor to use the ketogenic diet for weight loss purposes only, I heard him say in one interview he was eating 45g of carbs a day.

The True Banting Diet (V1.1)

In the foundation pages of Dr Atkins Diet Revolution, on page 4, Dr Atkins made a massive mistake when he mentioned “William Banting’s famous Letter on Corpulence” in a passage talking about the “deadly role of carbohydrates” and “carbohydrate intolerance”, see below.



Dr Atkins mistake was placing William Banting in his section talking about carbohydrate intolerance, because William wasn't carbohydrate intolerant, his famous weight loss dietary system still included daily servings of bread, (both toast and rusks) fruit, veggies and wine, including sherry.

What William did when it came to carbohydrates was simply reduce the amount he was eating every day, compared to his previous diet, he didn't cut bread out completely.

William was simply eating too much bread in his former weight increasing diet, here he is outlining what he used to eat and drink daily. (I'm making William's words easier to read)

Meal 1 - Breakfast: bread and milk, or a pint of tea with plenty of milk and sugar, and buttered toast;

Meal 2 - Dinner: meat, beer, much bread (of which I was always very fond) and pastry,

Meal 3 - Tea: similar to that of breakfast,

Meal 4 - Supper: generally a fruit tart or bread and milk.

My former dietary table was bread and milk for breakfast, or a pint of tea with plenty of milk and sugar, and buttered toast; meat, beer, much bread (of which I was always very fond) and pastry for dinner, the meal of tea similar to that of breakfast, and generally a fruit tart or bread and milk for supper. I had little comfort and far less sound sleep.

William Banting

Letter On Corpulence, Addressed To The Public

#kindlequotes

The True Banting Diet (V1.1)

Attached to this first line below on page 2 of Dr Atkins Diet Revolution is where (in Dr Atkins words) “William Banting’s famous Letter on Corpulence” should’ve been placed.

You see, most balanced diets are around 50 percent carbohydrate, 30 percent protein, 20 percent fat. Overweight people usually have a disturbed carbohydrate metabolism, so they can’t handle that much carbohydrate. In this diet we first cut out carbohydrates *altogether*, then keep them cut way down permanently.

This paragraph above I’m going to come back to later on, with particular focus on the one word in Italics, *altogether*, I think it’s important in understanding part of Dr Atkins ‘Banting’ mistake.

I don’t want to spend a lot of time on this part of my Banting book, but there is a clear divide between mainstream Government dietary advice (for simple excess weight) and Keto/Atkins/LCHF (Low Carb High Fat) advice. Currently Banting is linked to the Keto/Atkins/LCHF people when it should really be with the mainstream Government dietary advice.

Alcohol is the key macronutrient that has William’s diet totalling around 50% carbohydrate, when most people see his sample daily diet from 1863 it’s usually one of the first things commented on, and that’s because they’re seeing it through ‘today eyes’ and not ‘1860s eyes’, I’m going to show you it shortly, but before I do, I want you to better understand the thinking around alcohol back then, it’s so important. (As stated in my Introduction, this was before the motor car had even been invented)

During my research for this project I found a book called Banting In India, it was first published in 1882, 1882 was four years after William Banting had passed away at the age of 81, in 1878, from a reported case of bronchitis, nothing heart disease related.

In Banting In India, author Dr Joshua Duke included the diets from both Oxford and Cambridge Universities for their rowing teams, you may’ve noticed in William’s letters to ‘James the American’, it came to light that William’s weight loss diet was actually an athletic type of diet, the next page has a brief outline of both diets, noting they were called The Oxford System and The Cambridge System.

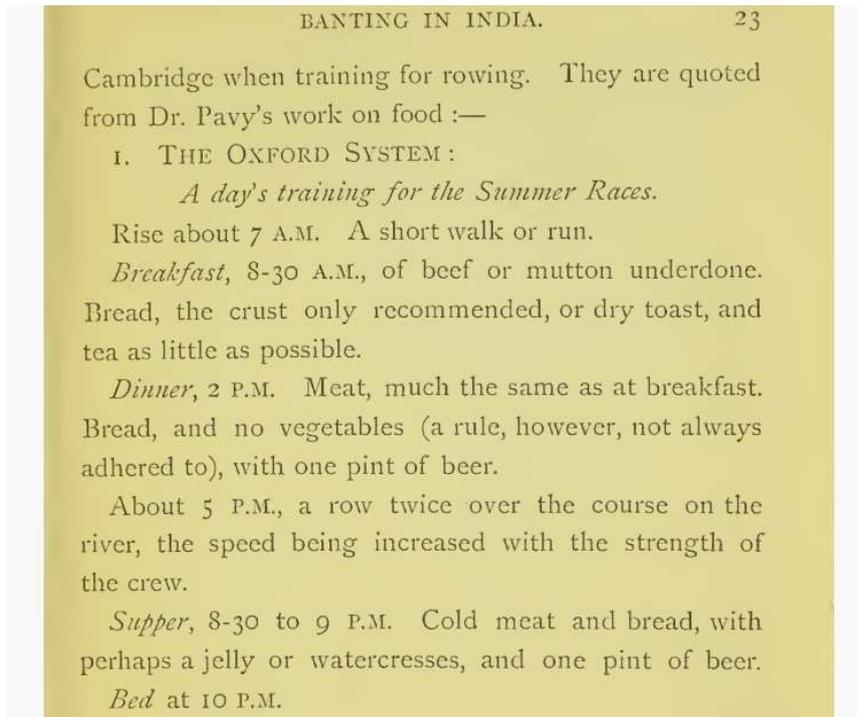
Here’s the passage again, (including the previous sentence). Where William mentions he was still receiving gratifying letters from some of the most important medical men in England, William clearly wasn’t against the medical establishment in the way Dr Atkins was, and many of his followers are.

This comment from William below was written in 1870, 8 years after starting his new dietary system.

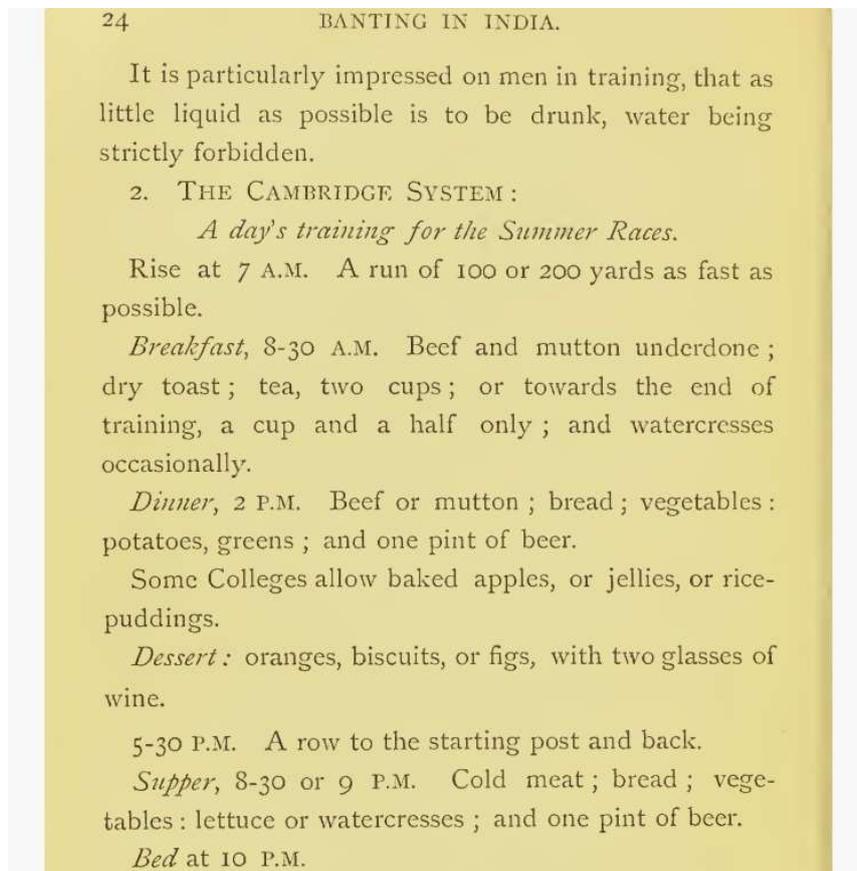
I am constantly still receiving gratifying letters and the medical men in England; or at least some of the most important of them, have written to compliment me on what I have done. Hundreds regret they did not inaugurate it and indeed I for one am sorry they did not for I do not like notoriety. They all knew that my advice was right for attaining muscular strength for boating, cricket, and all athletic sports but just stopped short of applying it to the corpulent invalid.

The True Banting Diet (V1.1)

Here's The Oxford System first, please note the alcohol consumption at both dinner and supper, and the meat consumption in all 3 meals, remembering this was 140 years ago.



The Cambridge System also included pints of beer at both dinner and supper, and they also included two glasses of wine in dessert with their dinner meal, this was all before afternoon training.



The True Banting Diet (V1.1)

For months I thought The Cambridge System was a 4 meals a day diet but then realised that dessert was actually part of meal 2 dinner, making both Oxford and Cambridge's dietary systems a 3 meals a day diet, this differs from The Banting System below which was a 4 meals a day dietary system.

While both the Oxford and Cambridge rowing athletes were out on the water at around 5 - 5.30pm, William was having his smaller meal 3 afternoon/evening tea of 1-2 rusks, (bread) some fruit, and a cup of black tea, what you're about to see is William's attention to detail listing his dietary system.

Important Note: I eat plenty of meals that are vegetarian, and I also eat meat, fish and chicken too, (within Government guidelines) selections of either chickpeas, lentils, tofu, edamame beans, kidney beans, three or four bean combos form part of the protein in 1 - 3 of my daily meals, which can be used as a substitution for the meat, fish, chicken etc. William ate 160 years ago.

Wherever meat is mentioned below, know that it's lean meat. Along with fish, this was William's primary protein. Note William's meat and fish exclusions, "any fish except salmon, any meat except pork," this is because they're high fat. I'll talk more about "any vegetable except potato" later on.

Final Important Note: I want to make it impossible to miss that I am not recommending this diet William first ate and drank 160 years ago to lose excess weight, just like Mercedes-Benz would never recommend driving the first Benz vehicle Carl Benz built nearly 140 years ago on roads today.

1. For breakfast, I take four or five ounces of beef, mutton, kidneys, broiled fish, bacon, or cold meat of any kind except pork ; a large cup of tea (without milk or sugar), a little biscuit, or one ounce of dry toast. (*Bread, no butter.*)
2. For dinner, Five or six ounces of any fish except salmon, any meat except pork, any vegetable except potato, one ounce of dry toast, fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira — Champagne, Port and Beer forbidden.
3. For tea, Two or three ounces of fruit, a rusk or two, and a cup of tea without milk or sugar.
4. For supper, Three or four ounces of meat or fish, similar to dinner, with a glass or two of claret.

I take about 5 or 6 ounces solid and 8 of liquid for breakfast; 8 ounces of solid and 8 of liquid for dinner; 3 ounces of solid and 8 of liquid for tea; 4 ounces of solid and 6 of liquid for supper

William Banting
Letter On Corpulence, Addressed To The Public

I hope you can see how by reading through both Oxford and Cambridge Universities dietary systems, it helped put into context William's own weight loss dietary system regarding meat and alcohol. Now I want to bring you back to including the alcohol component of William's diet as a carbohydrate, three well known doctors involved in the diet documentary 'Fat Fiction' state the exact same thing.

The True Banting Diet (V1.1)

“enjoy your alcohol, but realise that it is a carbohydrate, and that if you’re eating those carbohydrates you’re going to take out nutrient dense carbohydrates like vegetables...”

Dr Tim Noakes

Ask Prof Noakes Podcast (July 7, 2014)

“Alcohol, it’s really just another form of sugar.”

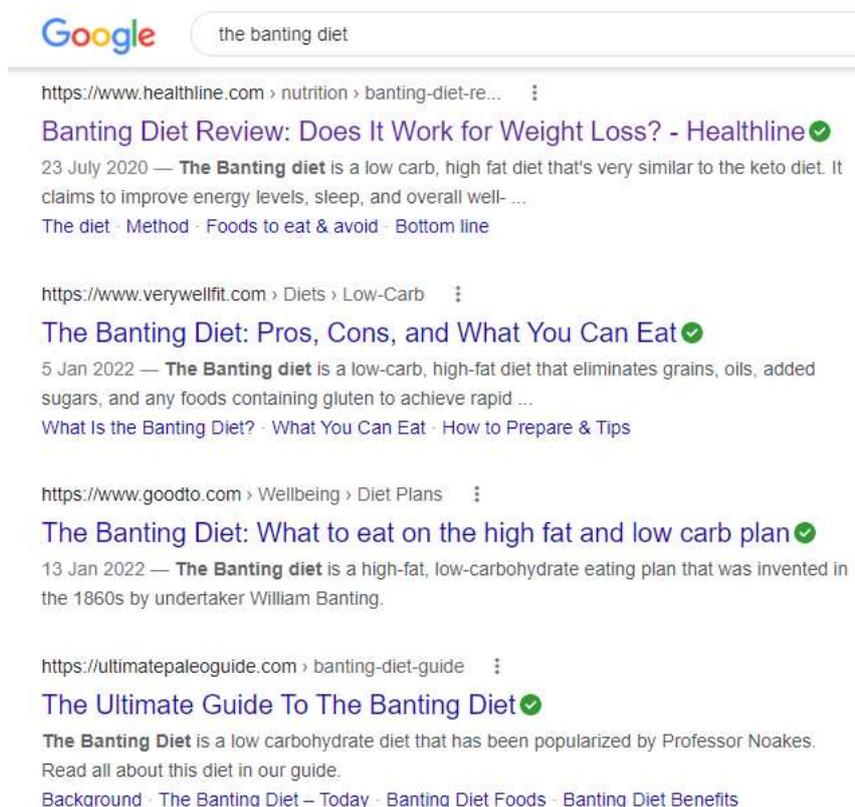
Dr Mark Hyman

Sentence from his book, Eat Fat, Get Thin.

“sugar and ethanol (alcohol) are the same, every which way you turn.” Dr Robert Lustig

Statement from Sugar, The Bitter Truth, University of California presentation.

Writing this section has been so difficult and draining, I would’ve loved to have just been able to write about what William did, my family history with Dad and how William’s letter has changed my life forever, but I can’t do that because when I talk to people about it and they do a google search like this one, it comes up with wrong information saying Banting is a low carb high fat diet, like keto.



The alcohol quote at the top by Dr Tim Noakes is the same Professor Noakes in this google search. Now, after our emails since 2019, [Twitter exchange](#) earlier this year, (P55-56 of this document) listening to Tim mention me in one of two podcasts I’ve heard, as well as seeing how he’s changed his William Banting history and his own [Atkins](#) diet weight loss story, **from testimony under oath**, he’s just Tim to me now.

Tim has Type 2 Diabetes, his father died as a result of the disease, I was very understanding of that. William Banting’s dietary system was only for simple excess weight loss, not diabetes management, I’ll talk more about that later on, for now, I want to stay focused on William Banting’s nutrition table.

The True Banting Diet (V1.1)

In 1993 US Obesity researcher Dr George A. Bray published a series of Obesity articles called Classics in Obesity, the second selection was about William Banting, it included this sample nutrition table, by Dr Catherine Champagne.

Daily kilocalorie intake –	1714	
Protein intake, grams –	115	(27% of kilocalories)
Fat intake, grams –	42	(22% of kilocalories)
Carbohydrate intake, grams –	119	(28% of kilocalories)
Alcohol, grams –	56	(23% of kilocalories)

Kilocalories allocated to each period were as follows:

Breakfast	319
Dinner	835
Tea	240
Supper	320

In May 2020, I came across this tweet below from Tim Noakes, he was replying to another tweet, the original tweet was posted by investigative journalist Nina Teicholz, author of New York Times bestseller, The Big Fat Surprise, Nina posted this tweet about William Banting, noting William's pamphlet as (The "Atkins" of his time), there was a tweet reply cc'ing Tim Noakes, asking who William's doctor was, this was Tim's reply, mentioning that Dr Harvey and William Banting "fell out". This was news to me, so I emailed Tim asking for information about it.



Tim Noakes
@ProfTimNoakes

Dr William Harvey. Harvey and Banting "fell out" because Harvey subsequently changed his dietary advice (by replacing fat with more protein) and Banting told him it wasn't as effective (for Banting). Banting made his name through self-publishing his book.

1:41 am · 19/6/19 from Johannesburg, South Africa · Twitter Web Client



Nina Teicholz
@bigfatsurprise

Englishman William Banting discovered the low-carb diet for weight loss--in the 1860s. He wrote a pamphlet that became wildly popular (The "Atkins" of his time). Today, in S. Africa, "to bant" means to eat low-carb. Long story on him here



theweek.com
The Week: The Latest News,
Opinion, Sport, People & Business

12:44 PM · Jun 18, 2019 · Twitter Web App

It was during this 2020 email exchange that I told Tim that William Banting's diet was a low fat diet, I also told Tim that this was forming part of my book, we each sent lengthy emails, in Tim's longest 600 word email reply to me he mentioned numerous points, his final point was this:

"By the way, note that in my Tweet I put the words "falling out" in inverted commas. I would not have made it up. Somewhere I have read that Banting felt that Harvey had changed the diet and it had become less effective for him. The pressure on Harvey to change is described by Gary Taubes on page 319 of my edition of his book: "Banting's original prescription was a high-fat diet but then it was modified by Harvey himself and the German clinicians Felix von Niemeyer and Max Oertel into a lower-fat higher-protein versions, and by Wilhelm Ebstein into a version featuring every more fat. "The fat of ham, pork or lamb is not only harmless but useful" Ebstein wrote."

The True Banting Diet (V1.1)

On July 7, 2002, The New York Times Magazine featured an article written by award winning science writer, New York Times bestselling author and investigative journalist Gary Taubes, the article was titled, 'What if It's All Been a Big Fat Lie?' This was the front cover of The New York Times Magazine.



Gary's highly controversial article, which was in defence of Dr Atkins high fat diet, lead to a book deal and the release of Good Calories, Bad Calories in 2007. Gary's book starts with, 'A Brief History of Banting'.

According to numerous websites, including a March 5, 2018, Diet Doctor article, Gary was advanced \$700,000 USD to write Good Calories, Bad Calories, now that's a lot of money, particularly when the book's high fat diet foundation is false. Remove the butter and trim the fat from this New York Times Magazine cover and you're left with what William ate 160 years ago, just the meat.

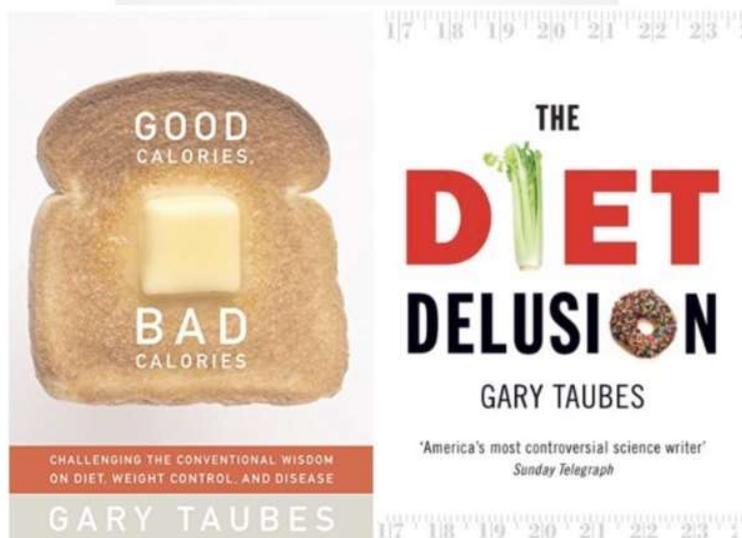
On the Good Calories, Bad Calories cover below, William still ate toast every day in his weight loss diet.

The overseas copy of Good Calories, Bad Calories is called The Diet Delusion. There was never any falling out between William Banting and Dr Harvey, you'll be left with no doubt about that shortly.

Banting's original prescription was a high-fat diet, but then it was modified by Harvey himself and by the German clinicians Felix von Niemeyer and Max Oertel into lower-fat, higher-protein versions, and by Wilhelm Ebstein into a version featuring still more fat.

Gary Taubes
The Diet Delusion

#kindtequotes



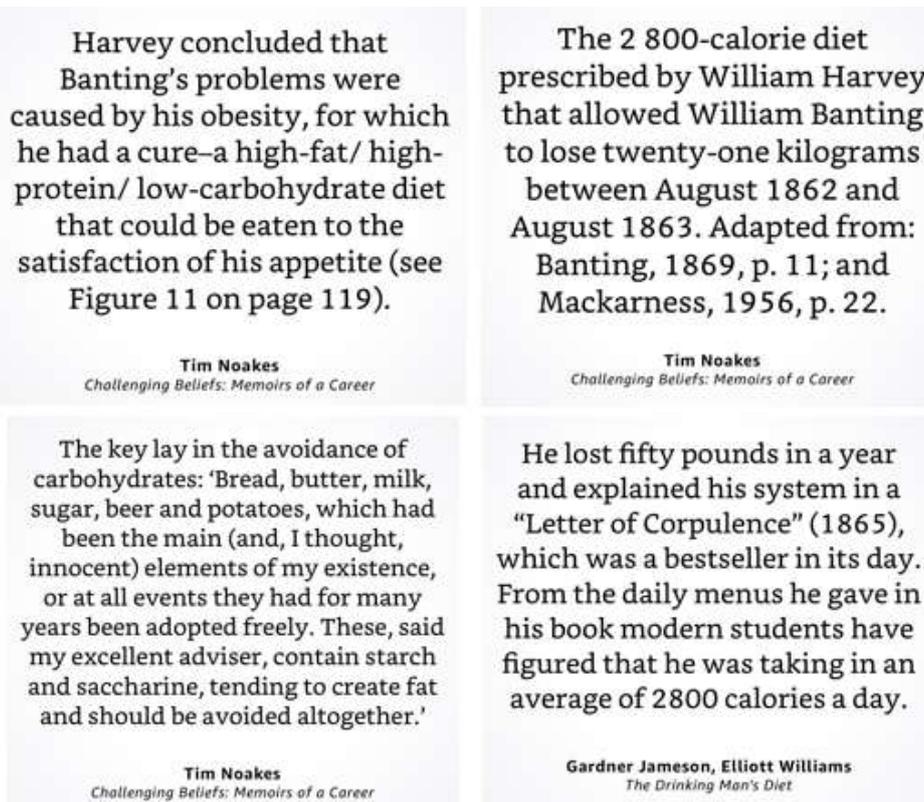
The True Banting Diet (V1.1)

Tim Noakes has said numerous times that Good Calories, Bad Calories is “the most important book in medicine in the past 50 years”, I’ve heard Nina Teicholz refer to Good Calories, Bad Calories as “like the bible” for nutrition. Tim also states numerous times that 50% of what he teaches is wrong, he just doesn’t know which 50% that is. In his autobiography called Challenging Beliefs, Tim states that William Banting’s weight loss diet was a 2,800 Calorie a day diet, let’s start there.

The first three images below are from Challenging Beliefs, citing Dr Harvey’s incorrect high fat diet advice for William and an incorrect daily 2,800 Calorie diet. Dr Harvey did famously tell William that 6 foods should be “avoided altogether”, bread was first, but William didn’t do that, he reduced his daily bread consumption, and that’s part of what made The Banting System, The Banting System.

Image four is a passage from The Drinking Man’s Diet, a book I’ve heard Tim mention, in which it states that “modern students” have calculated that William was eating a 2,800 Calorie a day diet, that’s so wrong. The Mackarness (1956) book Tim cites (below) is called Eat Fat and Grow Slim, it’s the earliest book I’ve seen mention 2,800 Calories, one line in the book is, “The [Banting] diet was made up almost entirely of protein, fat, alcohol and roughage...” (I’ll prove how wrong that is soon)

Mackarness, “Harvey had allowed Banting to take meat, including venison, poultry and fish, with no mention of trimming off the fat, in quantities up to 24 ounces a day which gives a calorie intake of about 2,800 when the alcohol and other things he ate and drank are included.” (Also so wrong too)



Already, just from Dr Bray’s 1993 Classics In Obesity Banting article, and Tim Noakes Challenging Beliefs book, there’s close to 1,100 Calories a day difference between the two Calorie counts.

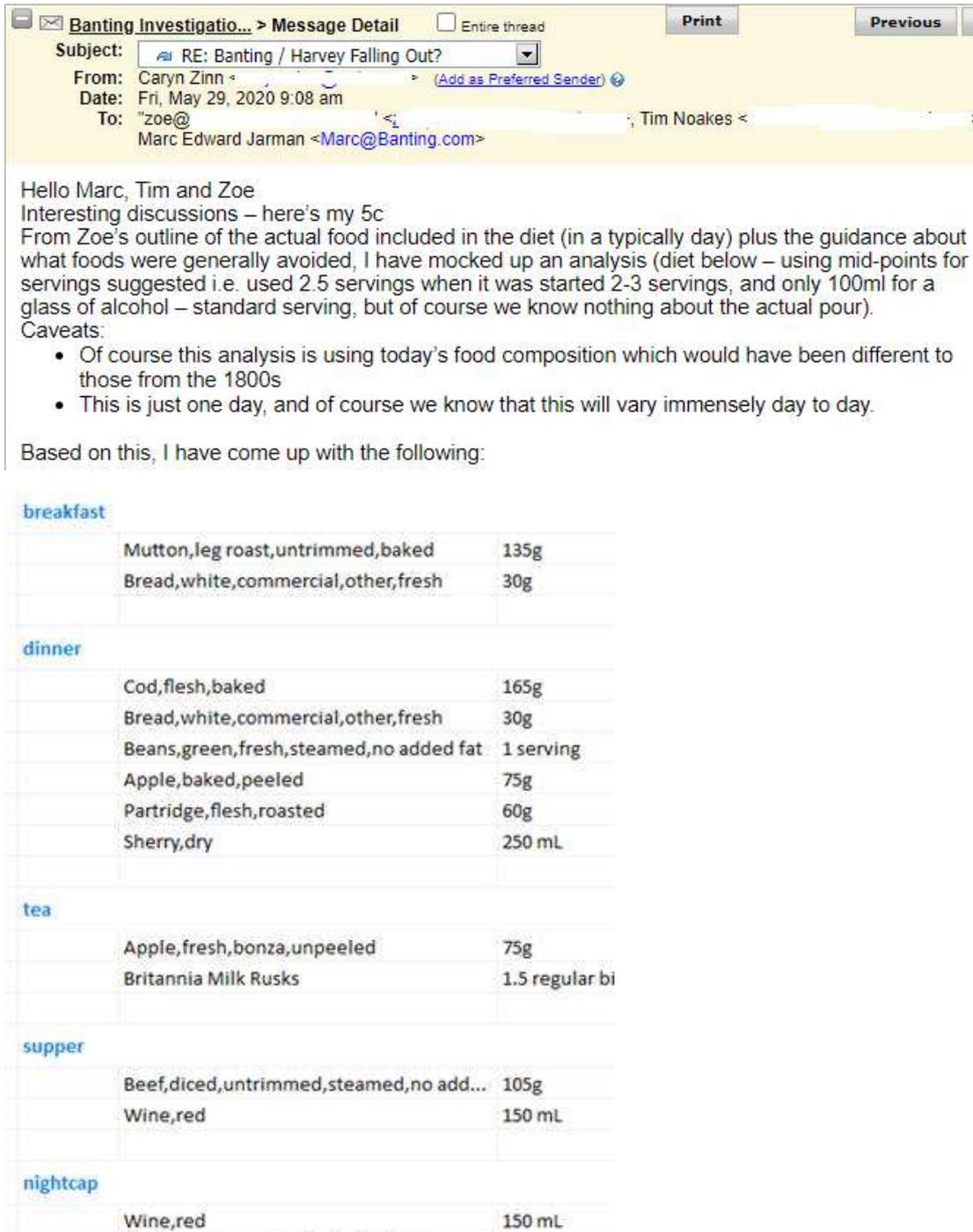
In the paragraph directly above the nutrition analysis in Dr Bray’s Classics in Obesity, he too uses the same words as Tim Noakes in image 1, “low-carbohydrate, high-protein, high-fat” (different order) to describe William’s significantly lower (than 2,800 Calories) 1,700 Calories a day diet, (possible typo) I talk more in an email conversation I had with Gary Taubes (Pages 59 - 65) about how using subjective words can create confusion, and not clarity, for a lot of people. (High/Low are subjective)

The True Banting Diet (V1.1)

The 600 word email Tim Noakes sent me in May 2020, he cc'd his two most trusted PhD Dieticians Dr Zoe Harcombe and Dr Caryn Zinn into it to give their feedback on William's sample daily diet.

Tim Noakes was put on trial in South Africa in 2015, the trial was nicknamed 'Banting for Babies', Nina Teicholz from America, Zoe from Wales and Caryn from South Africa/New Zealand all flew in to defend Tim, [the entire trial is on YouTube](#). What I'm doing with Banting has nothing to do with that trial, this is about Tim Noakes saying William Banting ate a low carb high fat diet to lose his weight when he didn't, William didn't just eat a low saturated fat diet, he ate a low 'entire fat' diet. Tim says the low fat diet only started in 1977, that's so wrong, William Banting's diet was "as old as the hills".

Caryn provided a more thorough analysis of William Banting's sample daily diet, so I'll show it first.



Banting Investigatio... > Message Detail Entire thread **Print** **Previous**

Subject: RE: Banting / Harvey Falling Out?
From: Caryn Zinn <...> (Add as Preferred Sender)
Date: Fri, May 29, 2020 9:08 am
To: "zoe@..."; Tim Noakes <...>; Marc Edward Jarman <Marc@Banting.com>

Hello Marc, Tim and Zoe
Interesting discussions – here's my 5c
From Zoe's outline of the actual food included in the diet (in a typically day) plus the guidance about what foods were generally avoided, I have mocked up an analysis (diet below – using mid-points for servings suggested i.e. used 2.5 servings when it was started 2-3 servings, and only 100ml for a glass of alcohol – standard serving, but of course we know nothing about the actual pour).
Caveats:

- Of course this analysis is using today's food composition which would have been different to those from the 1800s
- This is just one day, and of course we know that this will vary immensely day to day.

Based on this, I have come up with the following:

breakfast

Mutton,leg roast,untrimmed,baked	135g
Bread,white,commercial,other,fresh	30g

dinner

Cod,flesh,baked	165g
Bread,white,commercial,other,fresh	30g
Beans,green,fresh,steamed,no added fat.	1 serving
Apple,baked,peeled	75g
Partridge,flesh,roasted	60g
Sherry,dry	250 mL

tea

Apple,fresh,bonza,unpeeled	75g
Britannia Milk Rusks	1.5 regular bi

supper

Beef,diced,untrimmed,steamed,no add...	105g
Wine,red	150 mL

nightcap

Wine,red	150 mL
----------	--------

The True Banting Diet (V1.1)

Carb: 61g (13% or 16% of TE with / without nightcap, respectively)

Protein: 139g

Fat: 37g 20% or 22% of TE with / without nightcap, respectively (low – see pointers)

Alcohol: 68g (or 52g without the nightcap) 29% or TE (or 37% without the nightcap)

Total calories: 1632cal (1512Cal without the nightcap)

Points to note:

- **Carbs:** This is indeed a very low carb diet (even with the included fruit / bread / biscuit). The occasional potato (2 large ones as you suggested Marc over a week would amount to an extra 7g carb in one day (still a low carb diet) (total 13-14% of total energy, assuming the calories were indeed this low). A low carb diet in general is defined as <45% TE; a keto diet <10% TE – so this is closer to very low than moderately low in carbs.
- **Total calories:** This is very low, even for a weight loss diet for a male of 91kg, and even assuming he was sedentary. Possible underestimation of calories? A potential reason below.
- **The diet appears low in fat.** While it is impossible to surmise what exactly was suggested back then, my thoughts are as follows:
 - Overall fat content has likely been underestimated due to the omission of details regarding cooking fats or added sauces in the analysis or the description – the place where much dietary fat usually comes from.
 - Frying foods and using “creamy” sauces were common in those times; none of this is mentioned.
 - Fats and oils derived from animals were used to cook many dishes, as plant oils weren't a thing back then (which means a likely underestimation of sat fat)
 - While this could very well be the case (a low fat diet), in my vast (albeit modern) experience of people describing what they typically eat in a day, cooking fats / oils don't tend to be acknowledged. I appreciate that today's times are different from 1800s but I just thought I would mention this as an important consideration of a gross underestimation of fat content.
- My tallies are aligned to some extent with yours from the website, which indicates that it mostly aligns with Zoe's diet example -apart from tea – maybe the nightcap was included there – who knows?

- Breakfast: 424 Cal
- Dinner: 681 Cal
- Tea: 94 Cal
- Supper: 311 Cal
- (Nightcap) 119Cal

Dr Bray's Classics in Obesity 1993 Document

Table 2: Mr. Banting's Average Daily Diet

Daily kilocalorie intake –	1714
Protein intake, grams –	115 (27% of kilocalories)
Fat intake, grams –	42 (22% of kilocalories)
Carbohydrate intake, grams –	119 (28% of kilocalories)
Alcohol, grams –	56 (23% of kilocalories)

Kilocalories allocated to each period were as follows:

Breakfast	319
Dinner	835
Tea	240
Supper	320

One final important point to note is this: It seems as if the main discrepancy here between the true (maybe) Banting diet and that described by Prof Noakes largely sits with energy derived from alcohol and fat. Considering the fact that it would be irresponsible to recommend 4-7 glasses of alcohol per day (min and max based on the diet provided), there is between 318 – 606Cal “going begging”. These calories have been directed towards dietary fat, as the most likely and logical spot for them for three reasons: i. considering my argument above for potential omitted fats from true Banting ii. being guided by the list of carby foods that were avoided by Banting and ii. considering that adequate protein is pretty much matched with that described in Banting's daily diet.

Anyway, I hope this has shed some more light for all.

All the best

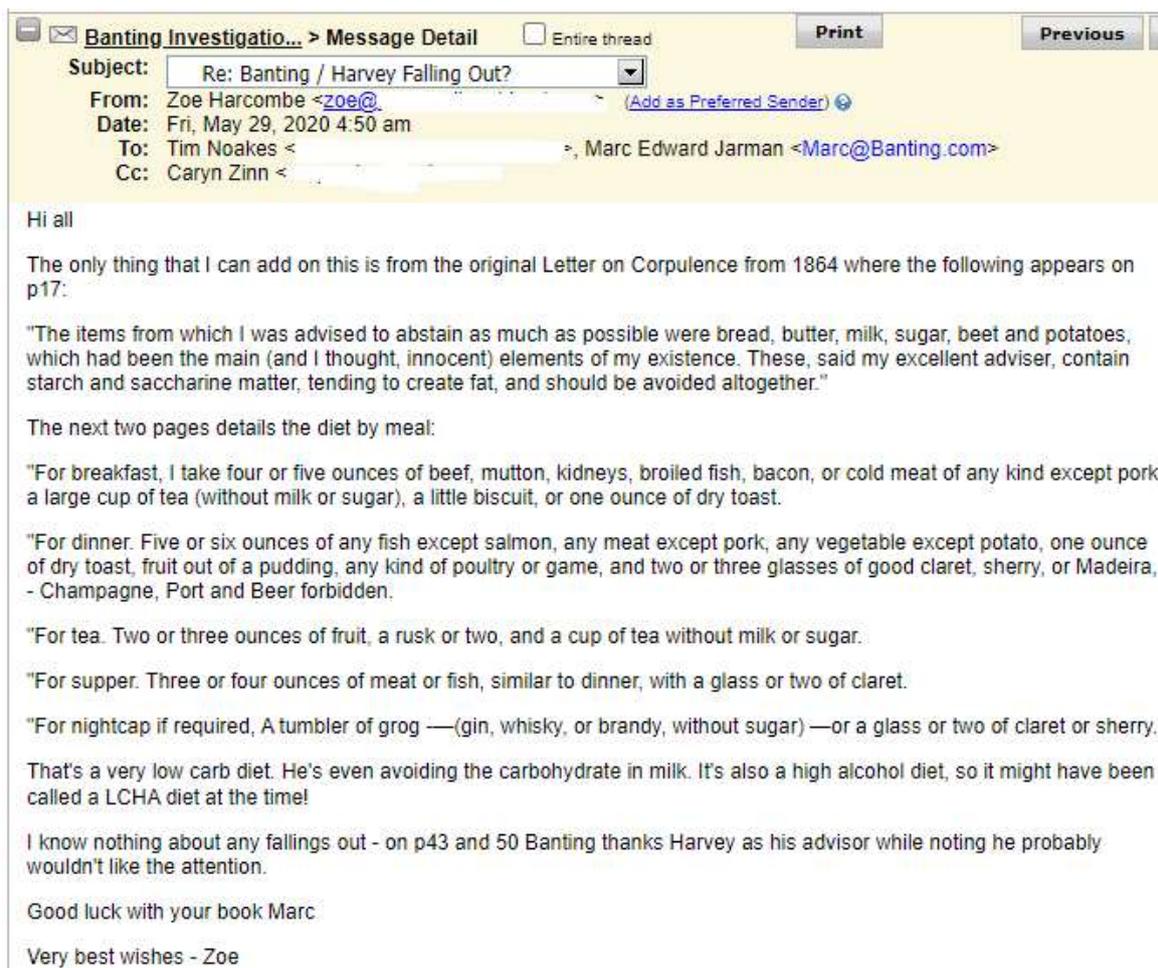
Regards

Caryn

CARYN ZINN PhD

Senior Lecturer | Dietitian | AUT University | Head of Research - School of Sport & Recreation

The True Banting Diet (V1.1)



My email response to Zoe, Caryn and Tim is on the next page. Zoe, as well as Tim, Dr Mark Hyman and Dr Robert Lustig all feature in the diet documentary, Fat Fiction. Tim Noakes didn't provide any additional responses to Zoe and Caryn's part of our 2020 email conversation, but as I showed on the incorrect Banting diet google search page, Tim, Dr Hyman and Dr Lustig all state that alcohol is a carbohydrate. I think wholegrains, veggies and fruit are a more accurate direction to re-distribute most of the alcohol portion of the Calories in William Banting's 1862 simple excess weight loss diet, because he was already eating these foods, and this leads us back to the 1992 Food Guide Pyramid.

"enjoy your alcohol, but realise that it is a carbohydrate, and that if you're eating those carbohydrates you're going to take out nutrient dense carbohydrates like vegetables..."

Dr Tim Noakes

Ask Prof Noakes Podcast (July 7, 2014)

"Alcohol, it's really just another form of sugar."

Dr Mark Hyman

Sentence from his book, Eat Fat, Get Thin.

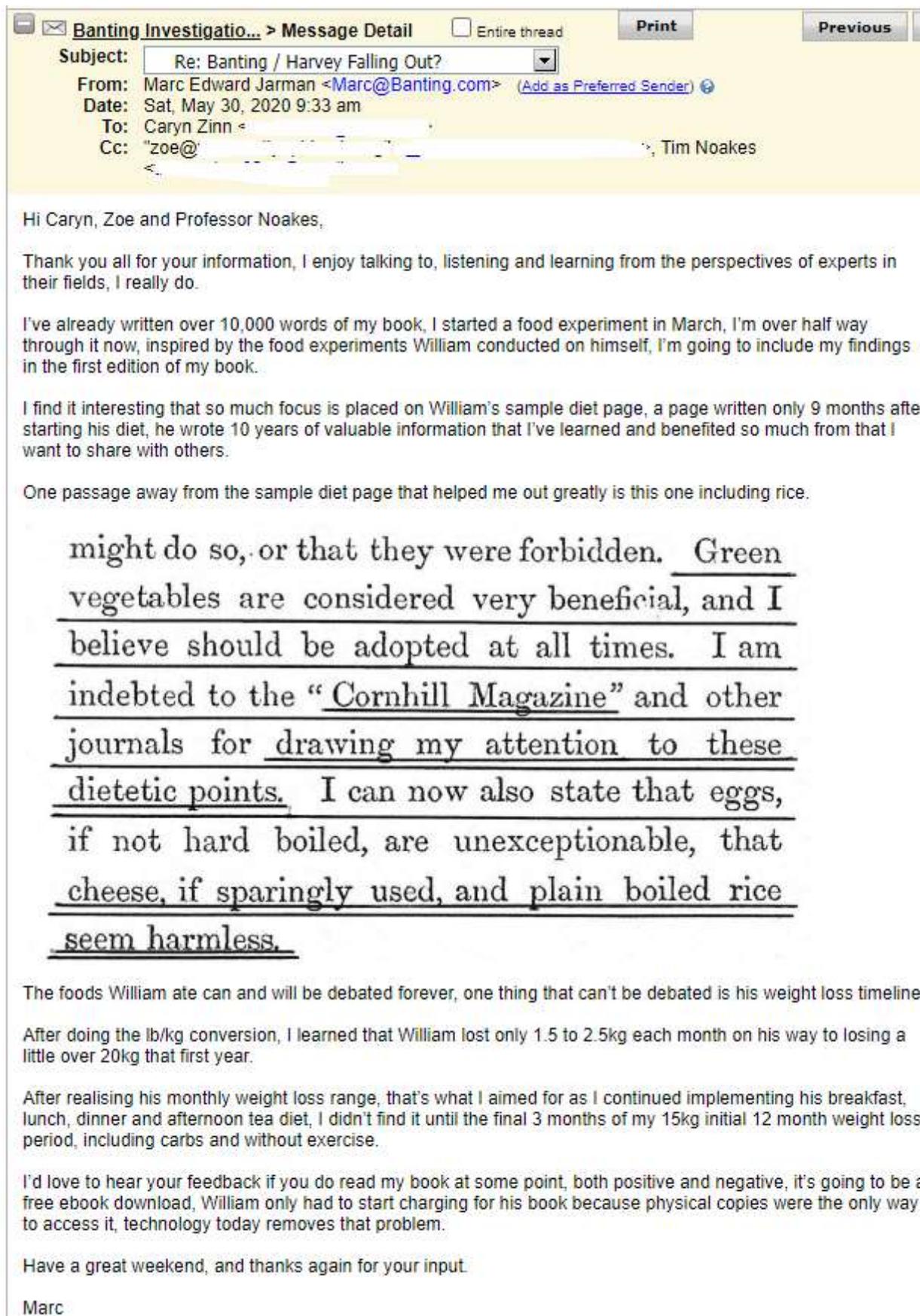
"sugar and ethanol (alcohol) are the same, every which way you turn." Dr Robert Lustig

Statement from Sugar, The Bitter Truth, University of California presentation.

Please note Zoe, who's from the UK, states she knows nothing about any "fallings out" between William Banting and Dr Harvey, citing pages 43 and 50 in her Banting book of William thanking "Harvey as his advisor".

The True Banting Diet (V1.1)

This was the first time Zoe and Caryn became aware in our email of the 1.5 - 2.5kg (3 - 5 lbs) monthly weight loss speed I found by breaking down William Banting's 12 Month Weight Loss Timeline.



Banting Investigatio... > Message Detail Entire thread **Print** **Previous**

Subject: Re: Banting / Harvey Falling Out?

From: Marc Edward Jarman <Marc@Banting.com> [\(Add as Preferred Sender\)](#)

Date: Sat, May 30, 2020 9:33 am

To: Caryn Zinn <[redacted]>

Cc: "zoe@[redacted]"; Tim Noakes <[redacted]>

Hi Caryn, Zoe and Professor Noakes,

Thank you all for your information, I enjoy talking to, listening and learning from the perspectives of experts in their fields, I really do.

I've already written over 10,000 words of my book, I started a food experiment in March, I'm over half way through it now, inspired by the food experiments William conducted on himself, I'm going to include my findings in the first edition of my book.

I find it interesting that so much focus is placed on William's sample diet page, a page written only 9 months after starting his diet, he wrote 10 years of valuable information that I've learned and benefited so much from that I want to share with others.

One passage away from the sample diet page that helped me out greatly is this one including rice.

might do so, or that they were forbidden. Green vegetables are considered very beneficial, and I believe should be adopted at all times. I am indebted to the "Cornhill Magazine" and other journals for drawing my attention to these dietetic points. I can now also state that eggs, if not hard boiled, are unexceptionable, that cheese, if sparingly used, and plain boiled rice seem harmless.

The foods William ate can and will be debated forever, one thing that can't be debated is his weight loss timeline.

After doing the lb/kg conversion, I learned that William lost only 1.5 to 2.5kg each month on his way to losing a little over 20kg that first year.

After realising his monthly weight loss range, that's what I aimed for as I continued implementing his breakfast, lunch, dinner and afternoon tea diet, I didn't find it until the final 3 months of my 15kg initial 12 month weight loss period, including carbs and without exercise.

I'd love to hear your feedback if you do read my book at some point, both positive and negative, it's going to be a free ebook download, William only had to start charging for his book because physical copies were the only way to access it, technology today removes that problem.

Have a great weekend, and thanks again for your input.

Marc

The True Banting Diet (V1.1)

Attached to email:

(This was the first version of William's weight loss timeline I used to calculate his weight loss speed)

William's 12 Month Weight Loss Table

29

My weight on 26th August, 1862, was 202 lbs. → 91.63 kg					
On 7th September,	→ 90.72 kg	lbs.	kg.	lbs.	kg.
it was 200,				lost 2	→ .91
27th "	"	197	89.34	3 more.	1.36
19th October	"	193	87.54	4 "	1.81
9th November	"	190	86.18	3 "	
3rd December	"	187	84.82	3 "	
24th "	"	184	83.46	3 "	
14th Jan., 1863	"	182	82.55	2 "	
4th February	"	180	81.65	2 "	
25th "	"	178	80.74	2 "	
18th March	"	176	79.83	2 "	
8th April	"	173	78.47	3 "	
29th "	"	170	77.11	3 "	
20th May	"	167	75.75	3 "	
10th June	"	164	74.39	3 "	
1st July	"	161	73.03	3 "	
22nd "	"	159	72.12	2 "	
12th August	"	157	71.21	2 "	
26th "	"	156	70.76	1 "	.45 kg
12th September	"	156	70.76	0 "	
Total loss of weight..				46 lbs.	20.87 kg

My girth is reduced round the waist, in tailor phraseology, 12¼ inches, which extent was hardly conceivable even by my own friends, or my respected medical adviser, until I put on my former clothing, over what I now wear, which

See the second last line in this paragraph above from William, "my respected medical adviser", this comment was written over 12 months after William started his new dietary system. (Page 29)

The True Banting Diet (V1.1)

Banting Investigatio... > Message Detail Entire thread **Print** **Previous**

Subject: Re: Banting / Harvey Falling Out?

From: Zoe Harcombe <...> [\(Add as Preferred Sender\)](#)

Date: Sat, May 30, 2020 5:37 pm

To: Marc Edward Jarman <Marc@Banting.com>, Caryn Zinn <...>

Cc: Tim Noakes <...>

Hi Marc and all - great job on the analysis Caryn!

A couple of points:

1) Having written quite a few books on diet and weight loss and having read even more, there is the weight loss part of the diet and then there's what you do afterwards. My diet has a strict 5-day kick-start (Phase 1) and then a long-term weight loss phase (Phase 2), which you stay on until you've reached your natural weight and then a maintenance/what you can get away with phase (Phase 3). I've been in my Phase 3 for 20 years and not regained but I would never give people Phase 3 and tell them this is how to lose weight.

Do take care that the diet in the Corpulence letter is almost certainly the weight loss diet and then Banting found that eating a couple of other things "sparingly" (and there's no carb in eggs and very little in cheese and greens) was "harmless". That doesn't surprise me at all. I can get away with way more than that thankfully!

2) Not sure if your diet experiment includes all the alcohol?! (wink) But how alcohol impacts weight would probably not have been known at the time. The calories don't matter, as we can't store calories from alcohol. But alcohol impairs weight loss in a number of ways i) alcohol calories are used preferentially and so you don't need to burn body fat if you're drinking all day long ii) alcohol impairs the operation of glucagon - which is the hormone that elicits weight loss by breaking down body fat and iii) in today's world (less so in Banting) alcohol tend to lower blood glucose levels (see ii) and then people get the munchies.

The original Banting diet would have been far more powerful if - as Caryn noted - the alcohol calories were replaced with fat calories.

My other recollection of "Banting" is that it became the word for dieting. People would say that they were banting when they were dieting. I guess it then got blurred and became associated with more than the original diet.

I'd be very interested to read your book and wish you all the best with it

Very best wishes - Zoe

Banting Investigatio... > Message Detail Entire thread **Print** **Previous**

Subject: Re: Banting / Harvey Falling Out?

From: Marc Edward Jarman <Marc@Banting.com> [\(Add as Preferred Sender\)](#)

Date: Sat, May 30, 2020 8:58 pm

To: zoe@...

Cc: Caryn Zinn <...>, Tim Noakes <...>

Thanks Zoe,

My weight loss actually started by accident and was a result of building a budgeting app, my background is finance, I had an idea for a budgeting app to help people manage their spending better.

Anyway, I lost the first 6kg's of the 15kg's as a result of putting a cap on how much money I spent on food each week, I was still eating McDonalds and Hungry Jacks (Burger King) as I was losing those 6kg's, it's a pretty good story, most people find it interesting.

My Banting work is only one part of a four part sustainable weight loss program called Improvement After Movement (I AM)

The I AM message came to mind in 2006, I didn't realise how powerful it was until months later, everything including the budgeting app, a fitness program and a mental health charity is on that home website, check it out if you're interested.

www.ImprovementAfterMovement.com

I hope we all talk again down the track.

Marc

The True Banting Diet (V1.1)

Now the last thing I want to do is get into a big debate about William Banting's dietary system, but I don't think anyone has studied William's entire 10 years of writing more than I have. This first image below is William noting the fat being skimmed off gravies, jellies [meat jellies] etc. (1869)

On the page following William's sample daily diet in his first edition letter, he lists the quantities for both the solid and liquid portion of his four meals, dinner and supper liquids total about 14 ounces, (just over 400ml of wine), nightcap optional. We also have to remember William was 65 and retired.



1863

1869

2022



These two passages above is William outlining his meal 2 dinner, excluding salmon from both, (this was 160 years ago, we now know that salmon is super healthy, I eat salmon twice a week) but William excluded salmon from his diet because salmon is an oily, high fat fish, and the thinking back then was that fat produces fat on the body, you'll see more evidence of this soon. You can clearly see that William doubled down and added two more high fat fish to exclude 6 years later. So where's this falling out with Dr Harvey?

Regarding cooking oils, personally, I don't use any cooking oil to cook meat, e.g. lean mince, the fat in the mince is enough, then that fat is drained away. The fat content on meat nutrition tables would be less for me. I think if William "skimmed off" any fat on his gravy and jelly, (meat jelly) and didn't eat salmon or pork, or butter for that matter, I doubt very much he'd be using oil.

William does include bacon as an option for meat in his breakfast meal, it's important to understand there's a big difference between cooking bacon surrounded by its natural fat, and bacon that's been trimmed of its fat, as you'll see in 2-3 pages time when this Banting high fat diet fiction is uncovered.

Because there was no breakdown of each meal into their different macronutrient compositions with either of Dr Bray (completed by Dr Champagne) or Dr Zinn's nutrition tallies, I decided to do one up, this table on the next page took about 12 hours to complete, I'm sure I made mistakes, there's one obvious difference between mine and Caryn's table, I've used 'trimmed meat' (visible fat removed)

The True Banting Diet (V1.1)

where Caryn used 'untrimmed meat'. William's diet included trimmed meat, after the table I'll show further evidence of that. (I don't think Caryn's at fault here, she's been let down by low carb leaders, I learned so much from Caryn's email, my sample diet is based on Caryn's, and William's words too).

Meal 1 - Breakfast	Protein	Fat	Carb		Calories
Food Items	Grams	Grams	Grams		Calculated
Lamb 5oz Lean (trimmed) broiled	42.5	13.8	0		294.2
White Bread 1oz toasted	2.4	1.1	14.7		78.3
Black Tea 8oz (no milk or sugar)					
Total Grams	44.9	14.9	14.7		373
	Grams	Grams	Grams		Rounded

Meal 2 - Dinner	Protein	Fat	Carb	Alcohol	Calories
Food Items	Grams	Grams	Grams	Grams	Calculated
Cod 5oz cooked w/ dry heat	32.4	1.2	0		140.4
White Bread 1oz toasted	2.4	1.1	14.7		78.3
Green beans 1oz boiled	0.5	0.05	2.2		11.25
Apple 1oz raw peeled	0.1	0.05	3.6		15.25
Duck 2oz roasted without skin	13	6	0		106
Dry Sherry 8oz (237mls)	0.5	0	26.5	34.7	350.9
Total Grams	49.2	8.8	47.0	34.7	702
	Grams	Grams	Grams	Grams	Rounded

Meal 3 - Smaller Tea	Protein	Fat	Carb		Calories
Food Items	Grams	Grams	Grams		Calculated
Apple 75g (2.5oz) raw unpeeled	0.2	0.05	10.4		42.85
Britannia Milk Rusks 15.5g (1/2 serve)	1.5	1.75	12		69.75
Black Tea 8oz (no milk or sugar)					
Total Grams	1.7	1.8	22.4		113
	Grams	Grams	Grams		Rounded

Meal 4 - Supper	Protein	Fat	Carb	Alcohol	Calories
Food Items	Grams	Grams	Grams	Grams	Calculated
Beef Steak 4oz lean (trimmed) broiled	34.5	6.5	0	0	196.5
Red Wine 6oz (177 mls)	0.1	0	4.1	18.5	146.3
Total Grams	34.6	6.5	4.1	18.0	343
	Grams	Grams	Grams	Grams	Rounded

Daily Summary	Protein	Fat	Carb	Alcohol	Calories
Grams Combined (Rounded)	130	32	88	53	1531
	Grams into Calories	Grams into Calories	Grams into Calories	Grams into Calories	Daily
Calories Combined (Rounded)	520	288	352	371	
% of Total Calories (Energy)	34%	19%	23%	24%	
As 3 Main Macronutrients	Protein	Fat	Carbs	<<<	Calories
Calories	520	288	723		1531
% of Total Calories (Energy)	34%	19%	47%		

Grams to Calorie Calculation

Protein: 1g x 4 = 4 Calories

Fat: 1g x 9 = 9 Calories

Carbohydrate: 1g x 4 = 4 Calories

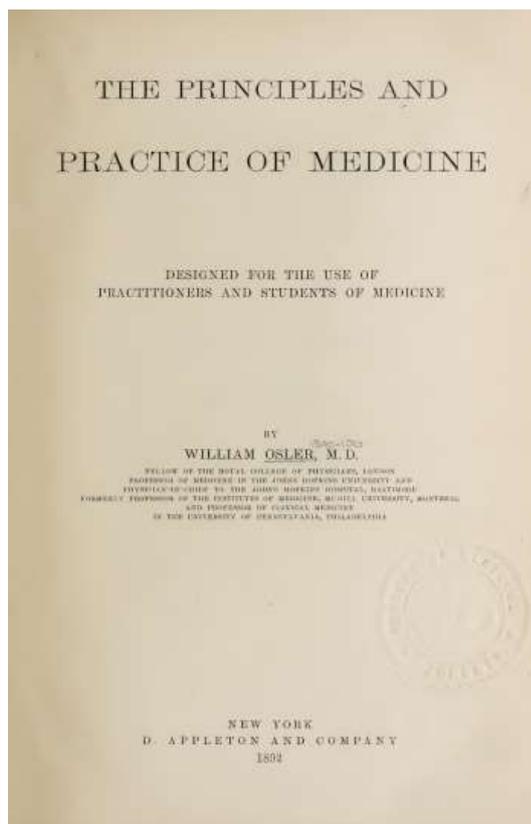
Alcohol: 1g x 7 = 7 Calories

All macronutrient calculations were made using CalorieKing.com website, except Britannia Rusks.

Britannia Rusks macronutrient calculations made from nutrition label on a 560g pack.

Important: This required a lot of guesswork, I've found no mention of William stating if his meat was cooked or uncooked weight. Also, and very importantly, I don't think in the 1860's there was much known about plant proteins, this is a big part of Banting.com modernisation.

The True Banting Diet (V1.1)



Remember the ... sentences from Sir William Osler about Banting in his first 1892 edition of his medical textbook, the full sentences from Dr Osler about Banting were these:

“Many plans are now advised for the reduction of fat, the most important of which are those of Banting, Ebstein, and Oertel.

In the Banting method the amount of food is reduced, the liquids are restricted, and the fats and carbohydrates excluded.”

I think the word ‘excluded’ isn’t an accurate description of William Banting’s daily diet because although he excluded the fats, he didn’t exclude the carbs, he reduced the carbs, William still included daily servings of bread, fruit, veggies and red wine.

The second name after Banting is Ebstein. In 1882, 20 years after William Banting started his new weight loss dietary system, and 4 years after he passed away, German medical professor Wilhelm Ebstein released his own weight loss diet that was high in saturated fat,

and still included daily servings of bread, it must have caught on for it to be listed second to Banting in Sir William Osler’s textbook, he outlines Dr Ebstein’s diet in the Obesity treatment section in 1892.

Ebstein recommends the use of fat and the rapid exclusion of the carbohydrates. The following is an example of his dietary :

Breakfast (6 A. M. in summer, 7.30 A. M. in winter).—White bread, well toasted (rather less than two ounces) and well covered with butter. Tea, without milk or sugar, eight or nine ounces.

Dinner, 2 P. M.—Soup made with beef-marrow. Fat meat, with fat sauce, four to five ounces. A moderate quantity of asparagus, spinach, cabbage, peas, and beans. Two or three glasses of light white wine. After the meal, a large cup of tea without milk or sugar.

Supper, at 7.30 P. M.—An egg, a little roast meat, with fat. About an ounce of bread, well covered with butter. A large cup of tea, without milk or sugar.

By the 1901 fourth edition of Principles and Practice of Medicine, Dr Ebstein’s diet was reduced to just four words. These four words were placed directly after the Banting “celebrated” sentence.

Ebstein allows more fat.

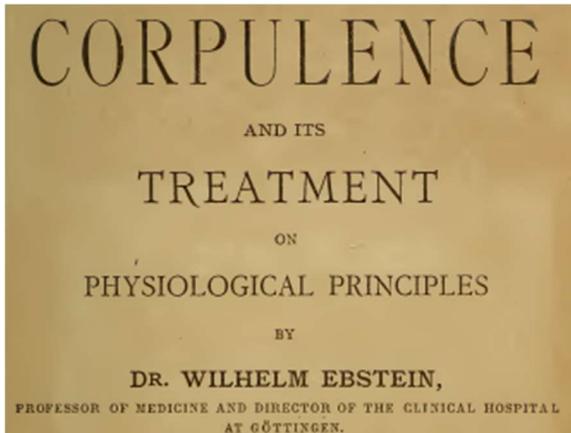
By the 1914 eighth edition of Sir William Osler’s medical textbook ‘Ebstein’ was removed completely from the Obesity treatment section. According to Dr Atkins, 1912 was the first heart attack in the US.

in vogue at present. In the celebrated one of Banting the carbohydrates and fats were excluded and the amount of food was greatly reduced.

The True Banting Diet (V1.1)

Sir William Osler made a Banting typo in his 1901 fourth edition medical textbook, the 1901 edition was when Dr Ebstein's high fat diet was reduced to just four words. It looks like Dr Osler clearly had reducing fat on his mind, the typo stayed in place for 2 editions, compare his 1901 Banting comment below to his 1914 Banting comment at the bottom of the previous page, see if you can see the typo.

There are a number of methods or systems in vogue at present. In the celebrated one of Banting, the carbohydrates and fats were excluded and the amount of fat was greatly reduced. Ebstein allows more fat.



Preface to the First Edition.

a rational dietetic system. The treatise aims more particularly at substituting for the so-called Banting remedy or cure by avoidance of fat something better and more in harmony with the natural conditions.

July 9. 1882.

Ebstein.

The quantity of bread is limited at most to from 3 to 3 1/2 oz. a day,

Of meats I exclude none, and the fat in the flesh I do not wish to be avoided, but on the contrary sought after. I permit bacon fat, fat roast pork and mutton, kidney fat, and when no other fat is at hand I recommend marrow to be added to the soups.

I reduce this daily allowance of fat to from 2 to 3 1/2 oz. on an average. The quantity of course changes with the individual relations, nor is it the same for every day. Under the influence of this diet it becomes possible to do with a less quantity of meat. This again I reduce to fully one half or three-fifths of the quantity required in the *Banting* system, which varies from 13 to 16 oz. a day.

See the **bold type Ebstein** comment above in the Preface to the First Edition of his book, it can't get any clearer than this that Banting was a low fat diet, (but it will). William didn't eat butter or drink milk, the only food left that could make it a high fat diet are fatty cuts of meat.

This left section of words is Dr Ebstein outlining allowed foods in his diet.

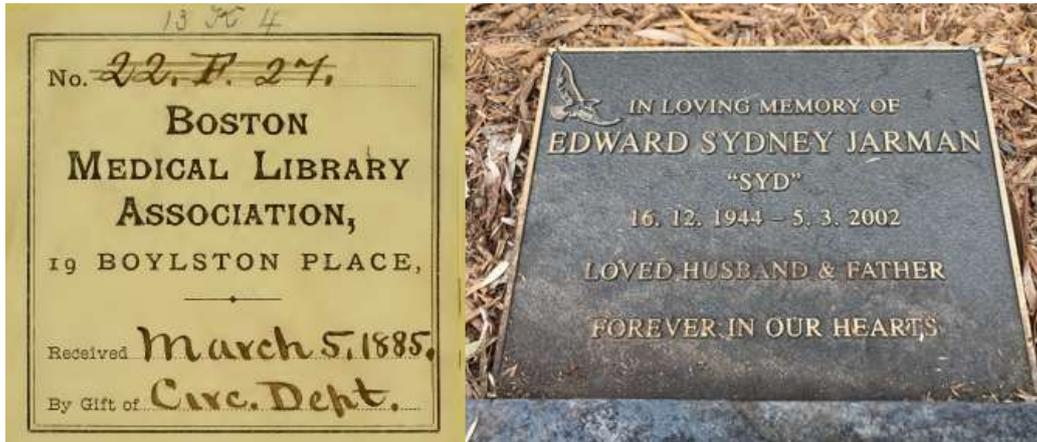
"fat in the flesh I do not wish to be avoided... but sought after... bacon fat, fat roast pork..." Dr Ebstein allowed 3 1/2 ounces (100g) a day of both bread and meat fat, and don't forget the "fat sauce" and "covered with butter" as outlined in Dr Osler's medical textbook.

And to further release Banting of this high fat diet fiction, Dr Ebstein points out in his final sentence above that because of his meat fat inclusion, a patient only has to eat 50-60% of the quantity of meat listed in William Banting's (160 years ago) dietary system.

Protein is the most important macronutrient, we have to consume it, with the plant proteins and other sources of protein available today, when it comes to meat, fish and chicken, myself, I'd eat between 0 to 6 oz (0 to 170g) a day, that's food solid weight, not nutrition label protein grams.

The True Banting Diet (V1.1)

Before I move on to comments Dr Atkins made to Larry King on CNN in one of his final TV interviews in early 2003 before passing away in April 2003, I want to include four more finds I found interesting.



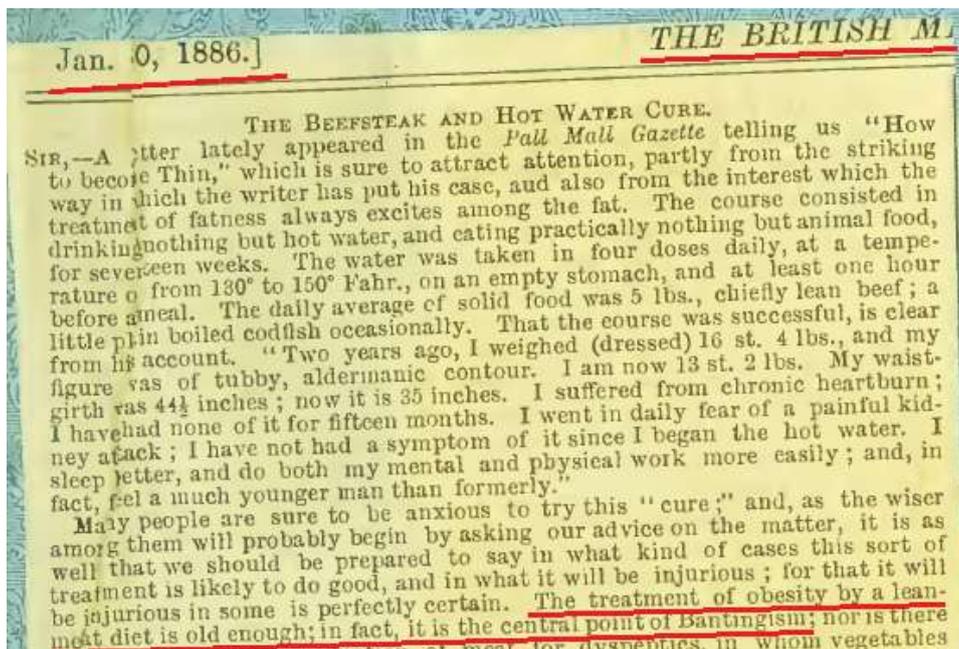
1. This is the inside cover of Dr Wilhelm Ebstein's Corpulence (Excess Weight) Treatment book from the previous page, all these historical books I refer to are on a great website called Archive.org

This was the first English edition of Dr Ebstein's book that appeared, seeing the March 5 date on the Boston Medical Library Association page directly inside the front cover greatly increased my interest, March 5 (5. 3.) was the date my Dad had his heart attack and died.

2. On the inside cover of Dr Joshua Duke's Banting in India book was this 1886 British Medical Journal? article, see the bottom underlined sentence, "The treatment of obesity by a lean-meat diet is old enough; in fact, it is the central point of Bantingism." One thing William definitely did was increase his lean meat intake compared to his previous very bread heavy diet.

William ate 3 daily servings of lean protein, the 1992 [Food Guide Pyramid](#) recommends 2-3 servings each day of lean protein, (lesser serving sizes) the [Food Guide Pyramid](#) is brilliant when understood, I didn't start with it, but it's now guiding me. (I've drawn up a simpler version of it on page 86) I weave it in with The Banting System framework to continue sustaining Banting Balance.

IMPORTANT: Don't try The Beefsteak and Hot Water Cure



The True Banting Diet (V1.1)

3. This is a passage from the second page of Dr Joshua Duke's Preface to the third edition of his Banting In India book, released in 1884, talking about Professor Ebstein's 'fat' discovery.

Our increased knowledge on this subject, especially since Professor Ebstein has shown the fallacy of the old idea that fat and butter produce fat ; now render, I believe, the adoption of these diets quite harmless, while they allow of a far greater variety in the choice of food.

William Banting and his doctor, Dr Harvey, they both passed away in the 1870's, William Banting in 1878 and Dr Harvey in 1876, Professor Ebstein's new 'high fat diet' book was first released in 1882.

4. And finally, this is a passage from German medical professor Dr Felix von Niemeyer's lecture in 1865, the one he delivered in Stuttgart to a King, about Banting. This image below is from William's complete 1869 untouched fourth edition of his book, (the passage overlaps pages, that's why it's a different background shade) this is from the copy where William went through and placed an * next to incorrect statements Dr Niemeyer made, e.g. Undertaker to UK Royal Family.

Like doubling down on not eating salmon, don't you think that if William Banting's diet was ever high

You are now in a position to judge for yourselves whether Mr. Harvey was logical and followed a definite principle in drawing up Mr. Banting's bill of fare.

You will perceive that whilst he allowed Mr. Banting to eat

A LECTURE.

109

great quantities of meat, he forbade fat, potatoes, sugar, and milk ; that he reduced the allowance of bread to a very small quantity,

in fat, either from the start or changed later, as some high fat diet 'experts' say, William would've put an * next to Dr Niemeyer's "he forbade fat" comment here and corrected or explained

it at the bottom of the page, like he did with the Undertaker comment. Remember, 1869 was 6 years after releasing his first edition letter. (William Banting was happy to give all the credit to Dr Harvey)

Before I move into this next section about Dr Atkins, leading on to Gary Taubes, it's important you understand Dr Atkins thinking about low fat diets, and how influential it was, these are direct quotes below from Dr Atkins, (first one from an instruction video) then direct quotes from Gary Taubes.

Dr Atkins, "Most dieters have had miserable failure cutting the fat from their diets, and that's because low fat diets don't work, that's because scientifically, they can't work, low fat diets can make you fatter, they can raise your blood pressure, raise your cholesterol, cause heart burn, mood swings, poor sleeping, bowel and digestive difficulties, and why, because low fat diets are really, high carbohydrate diets, in fact, low fat diets can cause the very problems they're supposed to solve."

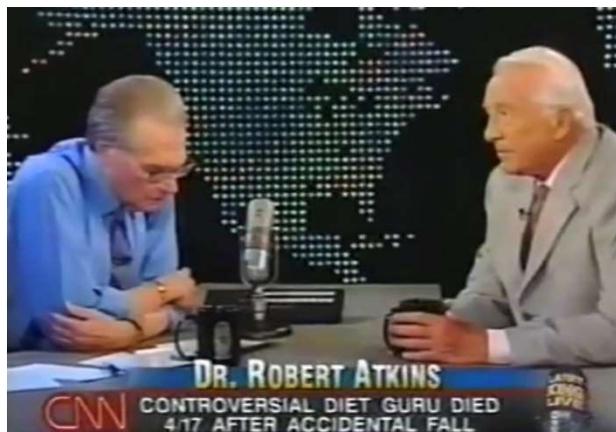
Dr Atkins comment that closes his Biography Channel documentary, (post death) "It is absolutely crystal clear that if I'm right, the rest of the world is wrong, and those two facts are both true."

Gary Taubes, "The message ultimately is, are carbohydrates fattening or not? Cause if carbohydrates are fattening then those of us who fatten easily can't eat them, and that's it ... and when I talk to people about it, that's my message, they say, what diet are you on? Well, I don't eat sugars, starches and grains because they make me fat and they make me hungry, together, [fat and hungry] those two go together."

Gary Taubes on his 2002 New York Times Magazine Article, 'What if It's All Been a Big Fat Lie?' "If I was right, every journalist, not just every scientist covering this, but every journalist covering this field was wrong, they had missed a huge story, including some of my friends."

The True Banting Diet (v1.1)

In January 2003, Dr Robert Atkins was interviewed by Larry King on CNN in what turned out to be one of his final TV interviews before passing away a few months later in April. So many of today's talking points from Keto type low carb high fat diet leaders, (some already mentioned in this document) are comments Dr Atkins has either said on TV, radio, or written in his many books.



This interview is on YouTube, anyone can watch it. Dr Atkins focuses heavily on refined carbohydrates as being the main shift in diet from 100 years earlier (early 1900s) that lead to the whole [Obesity] epidemic and related group of illnesses.

Around 5 minutes into the YouTube video Dr Atkins mentions the first heart attack in America being in 1912.

I don't think Dr Atkins was aware of the shift that took place 20 years earlier than the

early 1900s, in the 1880s, regarding Professor Ebstein's new high saturated fat weight loss diet, shifting away from William Banting's low saturated fat, higher lean protein diet.

Dr Atkins writes in one of his New York Times bestselling books (Dr Atkins' Age-Defying Diet) about The Rule Of Twenty Years, not his rule but another man's, British surgeon-captain in the Royal Navy, T. L. Cleave. Basically, Dr Cleave noticed that after refined carbs were introduced to indigenous populations, diabetes and heart disease would begin appearing within 20 years, the rule of 20 years.

Now I'm wondering what the effect was from Professor Ebstein introducing his new high saturated fat weight loss diet, firstly in Germany in 1882, but then making its way to America in Sir William Osler's first 1892 edition of The Principles and Practice of Medicine, (Obesity treatment section) being fully detailed, before being reduced to only four words in his textbook 9 year later, (1901) and completely removed from the Obesity treatment section in 1914. (1892 to 1912 is exactly 20 years)

Larry King mentions the first part of the paragraph of Gary Taubes 2002 New York Times Magazine article, here's the full first paragraph of Gary's article below:

What if It's All Been a Big Fat Lie?

Gary Taubes,
(July 7, 2002)

"If the members of the American medical establishment were to have a collective find-yourself-standing-naked-in-Times-Square-type nightmare, this might be it. They spend 30 years ridiculing Robert Atkins, author of the phenomenally-best-selling "Dr. Atkins' Diet Revolution" and "Dr. Atkins' New Diet Revolution," accusing the Manhattan doctor of quackery and fraud, only to discover that the unrepentant Atkins was right all along. Or maybe it's this: they find that their very own dietary recommendations -- eat less fat and more carbohydrates -- are the cause of the rampaging epidemic of obesity in America. Or, just possibly this: they find out both of the above are true."

Or maybe it was neither.

All I want to do is draw your attention to a few callers who told their story to Dr Atkins, focusing just on how much weight they'd lost and in what timeframe they lost it in, and compare their weight loss numbers to William Banting's weight loss numbers and Banting Balance weight loss numbers.

The True Banting Diet (V1.1)

1. One woman called in and said she had lost over 100 lbs (45kg) in “exactly one year”, to which Dr Atkins gave a great big smile. 100 lbs in one year is over two times faster than William Banting lost his 46 lbs (21kg) in his first year. Even if you were at the top end of William’s biggest weight loss month of only 5 lbs, that would have a person lose 60 lbs that year. Taking it one step further, if you apply my 20% higher/lower flexibility rule, that would be 66 lbs for the year, only 2/3 of 100 lbs.

2. A man called in and said he’d been on the program since February 4th (Dr Atkins interview with Larry King was January 6th, so in 11 months) and that he’d lost 55 lbs. Dr Atkins kept a straight face and said, “Good, good year.” The caller mentioned gaining weight if he added “just an extra bowl of broccoli” to his diet, Dr Atkins then said, “Well, you’re actually a slower loser than you should be...” and then started some diagnostic questioning. Now 55 lbs in 11 months averaged is 5 lbs per month, which is 11 straight months of William Banting’s highest weight loss month, but that’s a ‘slower loser than the norm’ in Dr Atkins weight loss program, and that’s because it’s a completely different diet.

3. Another woman called and said she needed to lose a “quick 10 lbs in two weeks” for an upcoming event, to which Dr Atkins said, “Well, the average weight loss of our induction is about 10 lbs in two weeks”. It took William Banting two months to lose his first 10 lbs. See how I calculated this below. (Month 1: 2 + 3 lbs = 5 lbs and Month 2: Oct 19 is 4 lbs, and 1 lb from Nov 9 (3wks), so 4 + 1 = 5 lbs)

BANTING BALANCE

WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

26th Aug My weight on 26th August, 1862, was 202 lbs. 91.6 kg

← 90.7kg

		lbs.	kg	lbs.			
26 th Sept	27th	197	89.3	3	1	5lb	2.3kg ← 1 st Mth weight loss
26 th Oct	19th October	193	87.5	4	2	5lb	2.3kg
	9th November	190	86.2	3			

On 7th September, it was 200, having lost 2 MONTH (ESTIMATE)

Larry King (who had heart disease and heart surgery himself) talked about fat being a “bad word” towards the end of the interview, about 40 minutes into the YouTube video, to which Dr Atkins in his responding comments said, “When you [the Medical Establishment] told people to go on a low fat diet, look how much more carbohydrate they began eating, and that’s what caused the epidemic of Obesity and of Diabetes.”

This led Larry King to make this clarifying statement/question to Dr Atkins, “So (in other words, what) you’re saying is, we have an epidemic of Obesity caused by people pushing low fat diets?” Dr Atkins emphatically responded, “Exactly! 100% Correct! May I shake your hand? That’s Perfect.”

Larry King then said light heartedly, “Where did I go right? I don’t know what I’m saying...”

William Banting’s weight loss diet was a low fat diet. What is a lot different today compared to back in the 1860s is the environment, the food landscape, losing excess weight today and keeping it off long term is a lot more difficult because of the additional great tasting food and drink options and temptations available. To me, I see each day like it’s a Daily Obstacle Course, (DOC) if an overweight or obese person doesn’t master their Daily Obstacle Course, their DOC will master them.

This is coming in the Improvement After Movement (IAM) Once and Forever Weight Loss Program.

The True Banting Diet (v1.1)

Gary Taubes: Crusading champion for better nutrition science

March 5 2018 by Anne Mullens, BSc, BJ , medical
review by Dr. Andreas Eenfeldt, MD  in Gary
Taubes, Low-carb profiles



Here's a Diet Doctor article about Gary Taubes, it's unmistakable just how big Gary's influence was in advancing Dr Atkins diet in 2002.

As stated a couple of pages back, Larry King, in his 2003 interview with Dr Atkins on CNN, read the first part of Gary's article from the July 7, 2002, New York Times Magazine article.

Larry King actually started his comments with, "Here's about getting respect, listen to this, The New York Times Magazine..."

That 2002 New York Times Magazine article spread far and wide, it influenced the Diet Doctor business being started by Dr Andreas Eenfeldt, the medical review named in Gary's Diet Doctor article.

When Diet Doctor started a podcast in 2018, hosted by Dr Bret Scher, Gary Taubes was the first guest.

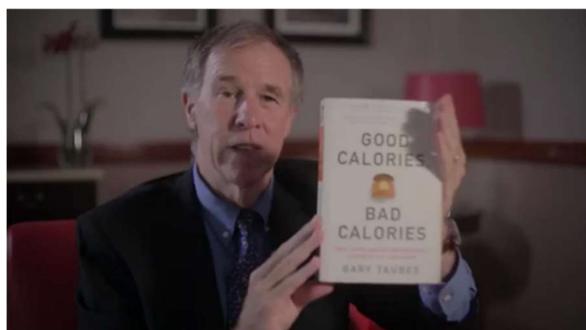
Dr Scher starts Gary's introduction, "today it's my pleasure to be joined by Gary Taubes, now Gary is

one of the most influential people in the world of nutritional science, and basically turning that science upside down and on its head, with his publications of Good Calories, Bad Calories..."

Dr Scher quoted DD founder, Dr Andreas Eenfeldt in reference to Gary Taubes influence, "You [Gary] were the reason I got started doing this in the first place." (Both Gary's DD podcasts are interesting)

I've listened to quite a few of Gary's podcasts now, in an April 2021 podcast describing a Keto diet, Gary said, "so when I was young Keto was called Atkins, you know when Atkins was young Keto was called Banting, although he didn't know that." When Dr Atkins was young Keto was called Banting? That's not true at all.

In 2015, Tim Noakes hosted a 'Banting' conference in South Africa, The Low Carb Health Summit. 15 LCHF experts from all around the world spoke, including Gary Taubes (US), Dr Eenfeldt (Sweden), PhD Dietician Zoe Harcombe (Wales) and Sports Science Professor Tim Noakes (South Africa). Everyone paid their own way there except for Gary, his ticket was paid for by a third party donation.



This photo of Tim holding his copy of Gary's Good Calories, Bad Calories book is from Tim's introduction of Gary before talking, here's how Tim introduced Gary.

"Gary Taubes is one of the most iconic people in the low carbohydrate movement. He wrote in 2007 this fabulous book, Good Calories, Bad Calories, which to me is probably the most

important medical text written in the last 50 years. The book is so important because it discusses the absence of evidence for the low fat diet that was introduced in 1977."

1977 was the year the US Government introduced their Dietary Goals for Americans, which lead to the 1992 Food Guide Pyramid. Once again, William Banting's diet was a low fat diet, started in 1862.

The True Banting Diet (V1.1)

It's been difficult deciding which direction to take with Tim and his incorrect Banting information, I'm going to go with this Ohio State University presentation he did in August 2018. (It's on YouTube)



See the 'before' photo Tim used of William, there was no before photo of William. William reduced his weight to 156 lbs (71kg) on August 26, 1863, which was exactly one year after starting his new dietary system, but Tim has that 156 lbs weigh-in at 54 weeks, (photo below). Tim used the right lbs numbers, but he spaced them 3 weeks apart, William's weigh-ins varied from 12 days to 3 ½ weeks.



As I mentioned earlier, William released the first edition of his letter in May 1863, after being on his new weight loss dietary system for only 9 months, he still had 11 lbs (5kg) to lose and about 3 more inches (7.5cm) from his waistline in the remaining 14 weeks to August 26, 1863.

I could be wrong about this, but I think that photo of William at 12 months could've been taken between 9 and 12 months, when he's still losing weight. His photo (holding a pen) isn't part of any edition I've seen. William references not having a before photo in his Concluding Addenda, released in December 1863. One thing does appear clear about William, photos weren't a big part of his life.

The True Banting Diet (V1.1)

The Ohio State University presentation was about Tim's nutrition trial in South Africa that he won, 13-0. I've heard Tim say his 13-0 final score numerous times. Tim wrote a book about the trial, co-authored by journalist Marika Sboros, the book is called Real Food on Trial.

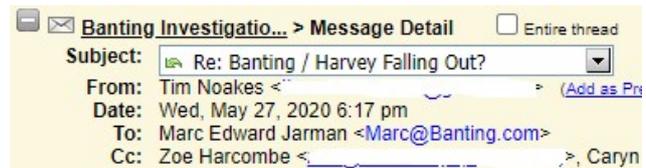
Cape Town is the home of 'Banting' as low-carb, high-fat diets are known in South Africa. It is where Professor Tim Noakes lives and from where he singlehandedly set off the Banting revolution in 2011.

Tim Noakes, Marika Sboros
Real Food On Trial: How the diet dictators tried to destroy a top scientist

#kindlequotes

This passage to the left is from Real Food on Trial, there are big problems with both these sentences. 2011? Before being called The Banting Diet in South Africa, it was first called The Noakes Diet.

In the 600 word email (601 to be exact) Tim sent me on May 27, 2020, Tim states numerous points that are factually incorrect, here's his full email below, my reply, then the incorrect points below that.



Hi Marc,

This is all very interesting. Just in case you are setting up a straw man argument, please note the following.

There never was a Tim Noakes diet. I became known in South Africa as the man promoting a low carbohydrate diet. If someone called that a Tim Noakes diet it referred to a generic diet in which carbohydrate was restricted. I have never published a detailed outline of exactly what one should eat. The Real Meal Revolution is not my dietary advice - I just provided the science behind the recommendations.

Second, when I wrote my scientific addition to the Real Meal Revolution I referred to the diet I was advocating as a low carbohydrate high fat diet (LCHF). The night before he sent the book off to the publishers, Jonno Proudfoot whose idea the book had been and who was driving the enterprise, decided to change the words LCHF to Banting whenever it was mentioned in the manuscript. I had nothing to do with that change.

However I welcomed the change because it linked back to Banting's experiences. Then the term Banting became common in South Africa and it reflected on the historical use of the term ie to lose weight with a particular diet.

If Banting's diet was not low carbs, that is really interesting. But I suspect you will find it difficult to prove it is not a low carb diet since the usual definition of a low carb diet now (by the registered dietitian) is any diet that provides less than 45% of energy as carbohydrate.

I would be very surprised if an upper-class Londoner like Banting in the 1860s was eating more carbohydrate than that BEFORE he began eating Harvey's diet. My impression perhaps wrong, was that meat remained the primary desired food in the UK for those who could afford it as Banting and Harvey definitely could. So I'd guess that Banting was eating a (currently incorrectly defined) low carb diet even before he followed Harvey's advice.

The True Banting Diet (V1.1)

I do encourage you to have an expert nutritionist do an analysis on what was the macronutrient composition of Banting's diet before and after he started following Harvey's advice.

I've taken the opportunity to include the 2 experts I trust the most - Zoe Harcombe and Caryn Zinn - to have a look at this and see what they think. It will be most interesting to find out if Banting was able to lose weight despite eating a diet that contained rather more carbs than we have given it credit.

Hopefully Zoe or Caryn will take a look at this when either has a moment - they are extraordinary busy.

Best wishes and thanks for including me in this.

By the way, note that in my Tweet I put the words "falling out" in inverted commas. I would not have made it up. Somewhere I have read that Banting felt that Harvey had changed the diet and it had become less effective for him. The pressure on Harvey to change is described by Gary Taubes on page 319 of my edition of his book: "Banting's original prescription was a high-fat diet but then it was modified by Harvey himself and the German clinicians Felix von Niemeyer and Max Oertel into a lower-fat higher-protein version, and by Wilhelm Ebstein into a version featuring every more fat. "The fat of ham, pork or lamb is not only harmless but useful" Ebstein wrote.

Taubes gives 3 references for these statements.

Keep up the investigations. It is going to be interesting to see what you finally conclude.

Best wishes,

Tim

Banting Investigatio... > Message Detail Entire thread **Print** **Previous**

Subject: RE: Banting / Harvey Falling Out?

From: <marc@banting.com> (Add as Preferred Sender)

Date: Wed, May 27, 2020 7:28 pm

To: "Tim Noakes" <...>

Cc: "Zoe Harcombe" <...>, "Caryn Zinn" <...>

Professor Noakes,

I'm simply trying to get to the truth, I didn't even know what a straw man argument was until just googling it now.

Please find attached a document I found last night written by it looks like yourself, it mentions the 'Noakes diet' 6 times as it is 'popularly known in South Africa', the document was published in November, 2013.

There is a sample nutrition table on my website from a document published by American Medical Professor Dr George A. Bray, it's called 'Classics in Obesity', it was published in 1993. His colleague Dr. Catherine Champagne analysed William Banting's average daily diet and came up with the numbers listed on the website. www.Banting.com

I don't want to keep going back and forth with you, I'm just trying to understand how the Banting name was included in your LCHF diet, I have nothing against your LCHF diet at all, I truly hope it's helped millions and millions of people so far and helps millions and millions of people in the future, I just have a problem with William Banting's name being associated with it, because he very clearly didn't eat a LCHF diet to firstly lose his excess weight and secondly, to then keep it off for the rest of his life.

All the best to you too.

Marc

The True Banting Diet (V1.1)

This is the attached South African Medical Journal (SAMJ) article written by Tim Noakes, I'm displaying only the relevant parts to my email on the previous page here. (Relevant parts underlined)

FORUM

A NEW DIETARY PARADIGM?

Low-carbohydrate and high-fat intake can manage obesity and associated conditions: Occasional survey

T D Noakes

Professor Noakes is Director of the UCT/MRC Research Unit for Exercise and Sports Science in the Department of Human Biology, University of Cape Town and the Sports Science Institute of South Africa, Cape Town, South Africa

Corresponding author: T D Noakes (timothy.noakes@uct.ac.za)



Since William Banting self-published his *Letter on Corpulence*^[1] in 1862, describing how William Harvey^[2] had cured Banting's life-long obesity through the avoidance of starchy foods, there has been interest in the low-carbohydrate, high-fat (LCHF) diet for the treatment of obesity.

It was promoted by William Osler in the United States in 1892 as the treatment for obesity^[3] and by Vilhjalmur Stefansson who had lived on an exclusive fat/protein diet for more than a decade while living with the Inuit.^[4,5] Stefansson's experience inspired a long lineage of LCHF diets in the US. The popularly maligned Atkins diet (1972)^[6] is one of the more recent examples.

Following a description of my successful adoption of the LCHF diet,^[3] I received correspondence from individuals self-reporting their experiences with this eating plan, popularly known in South Africa (SA) as the 'Noakes diet'.

dietician. He declined, searched the internet, discovered the 'Noakes diet' and decided to adopt it.

His weight loss began immediately and continued for 7 months, during which time he lost 84.6 kg. After 6 months, his

As a final resort he decided to try the 'Noakes diet'.

Over the next 18 months, he lost 73 kg, at the same time curing his T2DM,

In May 2012 he read about the 'Noakes diet', concluded that he was carbohydrate intolerant and would benefit from the LCHF eating plan. Over the next 8 months, he lost 25 kg, curing all his medical conditions

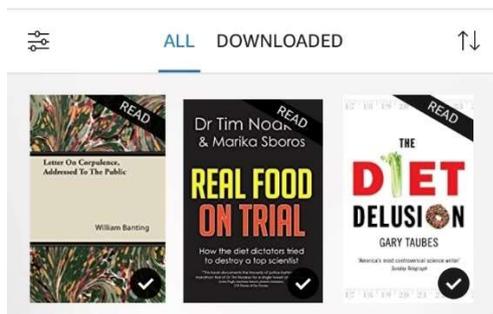
clindamycin. She was diagnosed with T2DM and treated with metformin.

She adopted the 'Noakes diet' and by June 2013 her weight had dropped to 75 kg, a loss of 45 kg. She no longer requires medication

He began the 'Noakes diet' on 11 June 2012. Fig. 2 shows his weight and distance

This SAMJ article was published in November 2013, it's all about the 'Noakes diet' so far, a little different to the Banting revolution starting in South Africa in 2011, as Real Food on Trial states.

The opening paragraph where Tim Noakes said, "Banting's life-long obesity", William's excess weight problem started in his 30s, his letter focused on addressing weight gain in "advanced life."



Search 'advanced life' in a Kindle edition (or archive.org) of Letter on Corpulence to see William explain it, this screenshot from my Kindle is the same copy of William's letter that Tim shows in his Ohio State University talk.

"Pure genuine bread may be the staff of life, as it is termed. It is so, particularly in youth, but I feel certain it is more wholesome in advanced life if thoroughly toasted, as I take it." William Banting

The True Banting Diet (V1.1)

Like I did with 3 of Dr Atkins callers from his CNN interview with Larry King, (I could do a lot more) away from the CNN interview, I've watched one man say he "tried Atkins" and lost 13 lbs (6kg) in his first 3 weeks, a woman said she lost 23 lbs (10.5kg) in her first 6 weeks, it took William Banting 2 ½ months to lose his first 13 lbs (6kg), and just under 6 months to lose 23 lbs (10.5kg), but his slower than Keto, and low carb weight loss dietary system resulted in once and forever weight loss, William simply lost his excess weight a different way to Dr Atkins and Tim Noakes, his was a low fat way.

Here's the first two examples from Tim's South African Medical Journal article on the previous page.

By showing these two examples, I simply want to demonstrate that they have nothing to do with how William Banting lost his excess weight, they're both like Tim Noakes, they have Type 2 Diabetes.

This passage below is about the first patient in the SAMJ article, but featured in a new South African magazine that began in 2014, based on Tim Noakes diet.

I came across Tim Noakes, who had just started talking about LCHF eating. I found out that we become insulin resistant because of carbs and that we should only have 50g of carbs a day, or 25g if we need to lose weight urgently. It felt as though a light had been switched on. I continued reading. I phoned the Sports Science Institute of South Africa for more information. Then I devised my own eating plan based on Noakes' diet, including what I liked to eat,

but cutting out carbs and sugar. And I started seeing a personal trainer five times a week. I could barely walk on the treadmill but I was determined and I started seeing results straight away. In the first week I lost 1,8kg. After two weeks, people started noticing that I had lost weight. The first few weeks were tough and I literally dreamed about bread, but then it became easier. After seven months, I had lost 84,6kg.

The Noakes Diet
Example 1

Type 2 Diabetic Patient

Total weight loss of 84.6kg
(186 ½ lbs) in 7 months.

Average monthly weight loss:
12kg (26 ½ lbs)

See below this 1920 'Severe Diabetic Patient' treatment, Carbs 10g, Alcohol 15g, Combined: 25g (This is in the Diabetes Mellitus section of Dr Osler's Principles and Practice of Medicine textbook)

QUANTITY OF FOOD Required by a Severe Diabetic Patient Weighing 60 kilograms. (Joslin.)			
Food	Quantity Grams	Calories per Gram	Total Calories
<u>Carbohydrate</u>	<u>10</u>	4	40
Protein.....	75	4	300
Fat.....	150	9	1,350
<u>Alcohol</u>	<u>15</u>	7	105
			<hr/> 1,795

'When I cut out all carbohydrates as [Tim] Noakes advocated, my weight loss increased and I had no more cravings'

The Noakes Diet
Example 2

Type 2 Diabetic Patient

Total weight loss of 73kg (161 lbs) in 18 months.

Average monthly weight loss: 4kg (9 lbs).

This comment to the left is also part of this man's story from the magazine based on Tim Noakes diet.

William Banting, Dr Atkins and Tim Noakes all experienced weight loss, William experienced his weight loss still consuming carbohydrates including bread, veggies, fruit and alcohol, from day 1, it can be done, by slowing down and finding Banting Balance. (I didn't eat bread, I first ate wraps)

The True Banting Diet (V1.1)

Reading the first underlined passages from Tim Noakes SAMJ article you can see how the incorrect historical line of Banting to Atkins to Keto has taken shape. But Dr Atkins states an updated history in his opening line of the USDA Great Nutrition Debate in the year 2000. (No mention of Banting)



Dr Atkins: “After analysing virtually every scientific paper written on the low carbohydrate diet over the last 80 years, beginning with when it was first offered as a treatment for epilepsy, I am convinced that a diet low enough in carbohydrate to automatically convert our stored fat into the body’s primary energy fuel is qualified at present to be considered the treatment of choice for obesity and related conditions such as diabetes, hypertension and atherosclerosis.” Dr Atkins, 2000.

A low carb, high fat diet was promoted by Sir William Osler in his 1892 first edition of *The Principles and Practice of Medicine*, but it wasn’t under the name of William Banting, it was under the name of Dr Wilhelm Ebstein, remember that was the diet that was reduced to only four words in 1901, then completely removed from the Obesity treatment section of Dr Osler’s medical textbook in 1914.

Is it correct to call your diet “Banting”?

It’s probably more correct to call it Ebstein – after German physician Dr Wilhelm Ebstein who first made it high-fat. That was the diet Sir William Osler promoted in his monumental textbook: *The Principles and Practices of Medicine*, published in 1892.

In April 2016, Marika (Real Food on Trial co-author) posted on her website what appears to be an updated series of LCHF questions initially asked to Tim in January 2015, this was one of them,

“Is it correct to call your diet Banting?”
Please read Tim’s answer carefully.

Going by Tim’s answer, I don’t know if he did much further research into how Dr Ebstein’s high fat diet exited the Obesity section of Dr Osler’s textbook.

Is it Banting?

I’m fine with calling it Banting, but it’s probably more correct to call it Ebstein – after German physician Dr Wilhelm Ebstein who first made it high-fat. That was the diet Sir William Osler promoted in his monumental textbook: *The Principles and Practices of Medicine*, published in the US in 1892. Anyone who claims that Banting or Ebstein diets are fads simply knows nothing about medical nutrition history. Nutrition didn’t begin in 1977 as our students seem to be taught.

This is the January 2015 answer Tim gave to the same question.

The next question about weighing of food, Tim’s answer starts the same on both pages, “No. That’s a joke. You can’t predict...”

Any weighing of food on your diet?

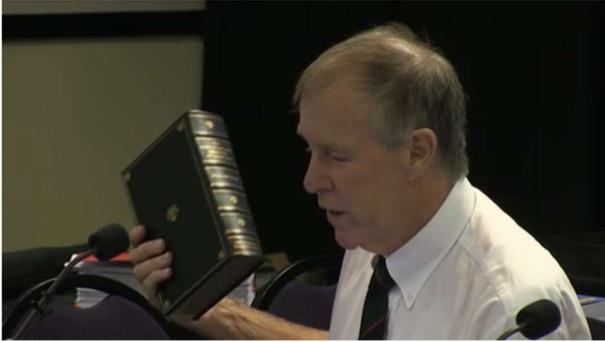
No. That’s a joke. You can’t predict accurately the absolute calorie content

Personally, weighing foods as a starting point has changed my life, that’s how William

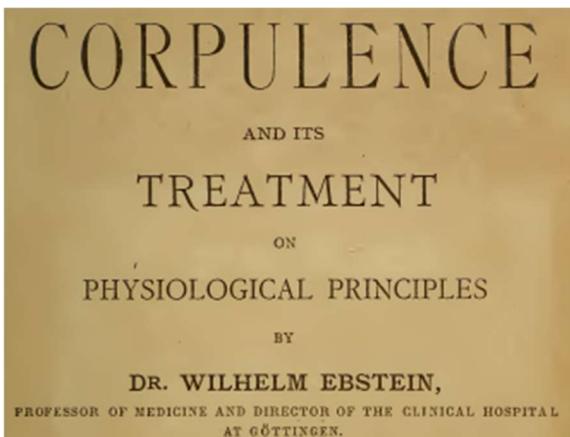
Banting demonstrated his diet to readers of his letter. And following that, I’ve found the Food Guide Pyramid to be a brilliant guide, after researching the USDA serving size weights, more on that soon.

The True Banting Diet (V1.1)

In Tim Noakes nutrition trial (Feb 2016) he brought his own copy (below left) of Sir William Osler's 1892 medical textbook to show in his testimony. Tim only showed the German slide of Dr Ebstein's book cover, but did say he had an English copy, the YouTube video of this is unbelievable.



Now why would Tim not want to show a copy of the English version of Professor Ebstein's book?

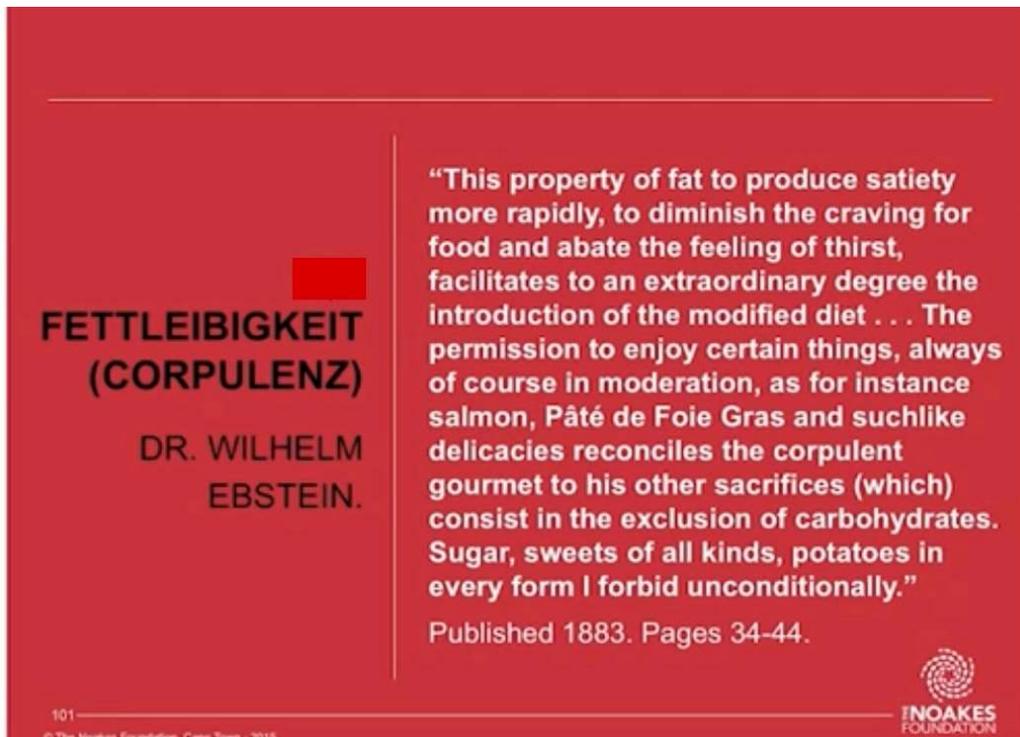


Preface to the First Edition.

a rational dietetic system. The treatise aims more particularly at substituting for the so-called Banting remedy or cure by avoidance of fat something better and more in harmony with the natural conditions.

July 9. 1882.

Ebstein.



This is a slide (above) from Tim Noakes trial, please read the first sentence, see how it finishes with, "the introduction of the modified diet..." the modified diet is referring to modifying the Banting diet

The True Banting Diet (V1.1)

from being a low fat diet to becoming a high fat diet, in the next sentence on Tim's red slide on the previous page you see Dr Ebstein state the inclusion of salmon, a food that was excluded from William's diet. Below is the passage again from Dr Osler's first edition of The Principles and Practice of Medicine textbook, fat meat, fat sauce, white bread well toasted and well covered with butter...

Ebstein recommends the use of fat and the rapid exclusion of the carbohydrates. The following is an example of his dietary :

Breakfast (6 A. M. in summer, 7.30 A. M. in winter).—White bread, well toasted (rather less than two ounces) and well covered with butter. Tea, without milk or sugar, eight or nine ounces.

Dinner, 2 P. M.—Soup made with beef-marrow. Fat meat, with fat sauce, four to five ounces. A moderate quantity of asparagus, spinach, cabbage, peas, and beans. Two or three glasses of light white wine. After the meal, a large cup of tea without milk or sugar.

Supper, at 7.30 P. M.—An egg, a little roast meat, with fat. About an ounce of bread, well covered with butter. A large cup of tea, without milk or sugar.

Here's Where Visible Meat Fat Was Let Loose In Weight Loss Diets (1882)

This is the rest of the page from Tim's red slide from the previous page, Tim stops after the final two sentences, carbohydrate exclusion and forbidding potatoes unconditionally, but the next sentence is about keeping 3 - 3 ½ ounces of bread in the diet, not really carbohydrate exclusion.

This property of fat to produce satiety more rapidly, to diminish the craving for food and abate the feeling of thirst, facilitates to an extraordinary degree the introduction of the modified diet. For to the sacrifices which after all must in any case be required of the corpulent, nothing further need be superadded at least in this direction. On the contrary, the permission to enjoy certain succulent things, always of course in moderation, as for instance salmon, pâté de foie gras and such like delicacies, reconciles the corpulent gourmet to his other sacrifices. These consist in the exclusion of the carbohydrates. Sugar, sweets of all kinds, potatoes in every form I forbid unconditionally. The quantity of bread is limited at most to from 3 to 3 ½ oz. a day, and of vegetables I allow asparagus, spinach, the various kinds of cabbage and especially the leguminous, whose value as conveyors of albumen, as *Voit* rightly observes, is known to few. Of meats I exclude none, and the fat in the flesh I do not wish to be avoided, but on the contrary sought after. I permit bacon fat, fat roast pork and mutton, kidney fat, and when no other fat is at hand I recommend marrow to be added to the soups. I allow the sauces as well as the vegetables to be made juicy, as did *Hippocrates*, only for his sesam-oil I substitute butter.

In spite of all this it would be little to the point to say that I treat the corpulent with fat, whereas I simply vindicate the full claims to which fat is entitled as an article of food. I do not suppose

The True Banting Diet (V1.1)

MY DIETETIC REGIME. 47

that the corpulent, with whom we are practically concerned, will have to consume anything like the quantity of fat that *Voit* concedes to the working man, or that is allowed to the rank and file of the German imperial army in time of war, say from 7 to 9 oz. daily. I reduce this daily allowance of fat to from 2 to 3 1/2 oz. on an average. The quantity of course changes with the individual relations, nor is it the same for every day. Under the influence of this diet it becomes possible to do with a less quantity of meat. This again I reduce to fully one half or three-fifths of the quantity required in the *Banting* system, which varies from 13 to 16 oz. a day.

On a separate note, in Tim Noakes testimony he says, “if you’re hungry you’re going to be fat, you have to regulate hunger, and the only way you can regulate hunger is by increasing the fat intake.” I disagree 100% with Tim’s statement, but especially where he says increasing fat is the only way.

About Banting and Ebstein in Tim’s testimony, where he separates the two diets in his January 2015, and April 2016 answers to journalist Marika Sboros, (before I continue, I want to state that there’s no name attached to Tim’s January 2015 article, so I’m not sure if these questions were originally asked by Marika in January 2015, the updated April 2016 answers are on Marika’s personal website, google ‘complete idiot’s guide to banting’ to read all of Tim’s answers from both 2015 and 2016).

So where Tim had separated the two diets, in his trial he joined them together and said that they got Banting confused in Britain, Tim starts, “now the problem with the diet was that it got confused in Britain”, paraphrasing now, Tim goes on to say that Dr Harvey couldn’t explain how William could lose weight eating a high fat diet so he changed it to be a high protein diet, Tim then goes on to say, “But Banting said that it doesn’t work Dr Harvey, [the higher protein diet] and so they went down the wrong route. But there was a German called Dr Ebstein...” (William didn’t say that to Dr Harvey)

Tim talked a little more before then reading his red Ebstein slide from two pages ago, and after finishing with the “... I forbid unconditionally” sentence he said, “so that was the ~~Banting~~, ah the Ebstein diet, and I’m not going to go through it because I’ve made my point, my point is that this diet was established in 1852, it was taken to Europe by Ebstein, Ebstein describes the high fat diet in his book fully, fully described there, and where does it go to next? It goes next to another book, one of the most important textbooks in medicine, never peer reviewed, by Sir William Osler, probably one of the most famous physicians of all time, who wrote this textbook [holds textbook up] in 1892.”

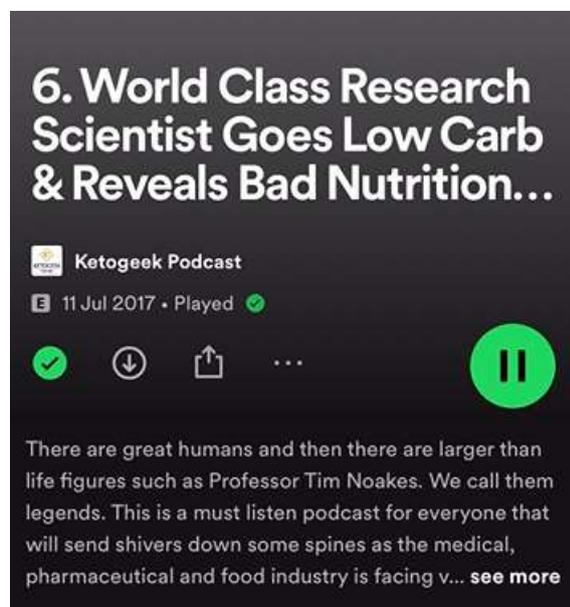
Tim says, “And in the textbook he describes the following, this is in the diet for the treatment of Obesity. Many plans,” Tim diverts, “now please understand, this is, he [Dr Osler] was the god of medicine in 1892, so this was the conventional advice in 1892, and he didn’t get sent before the HPCSA for writing this”, Tim continues, quoting Dr Osler, “Many plans are now advised for the reduction of fat, most important of which are those of Banting, Ebstein and Oartel”, Tim diverts, “So there he lists Banting and Ebstein, and then he gets the wrong, the Banting story was wrong, I’ve explained it, because Harvey got it wrong and said it was high protein, cause he [Dr Osler] said now fats are excluded, but that was not the original ~~Bant~~ ah Harvey diet, but let’s move on.” (Let’s not)

Tim then continues reading all about Ebstein, having brought both Banting and Ebstein together as high fat diets. I didn’t plan this, but it is fitting that this page of typing is directly under Dr Ebstein’s passage in his book (top of page) where he explains that as a result of the additional fat included in his high fat diet, Dr Ebstein’s diet requires only 50-60% of the meat (protein) in the *Banting* system.

The True Banting Diet (V1.1)

To give you further example of just how mentally exhausting it's been trying to track Tim Noakes teaching, in his nutrition trial testimony on the previous page he said William Banting said to Dr Harvey these words about the higher protein diet.

“But Banting said that it doesn't work Dr Harvey, [the high protein diet] and so they went down the wrong route. But there was a German called Dr Ebstein...”



In this June 2017 Ketogeek Podcast, Tim mentions the 'Lose 6 kilograms in 6 weeks' Atkins diet email he received, (wait til you see what Tim's done with 6 kgs in 6 weeks) first, Tim says on this podcast he first ate a high protein diet to lose excess weight.

Tim Noakes: “there was an advert for the book, The New Atkins for the New You, and it said, 'Lose 6 kilograms in 6 weeks, without hunger', and I thought gosh, what's this nonsense?”

Tim continues talking about the book and its authors, and Dr Atkins too. Tim said about the authors, “and how can they be promoting Atkins' high fat, high saturated fat diet that's killing all of us? How can they do that? They must've sold out, they must've been paid.”

Tim went and bought the book and says he realised after two hours that he'd got it all wrong and decided to try this high fat diet.

Tim said, “I went on, initially a high protein diet I went on, which is pretty good because that's what you need when you first, if you're overweight and you want to lose weight... a high protein diet's often quite helpful, and progressively I started eating a high fat diet and my health improved dramatically, it was amazing the changes in my health. And subsequently I discovered that I had Type 2 Diabetes, which is because of a family history, my father died of the disease, and then I'd eaten this high carbohydrate diet for 33 years, but I'm glad to say that 6 ½ years down the line, at age 68, my diabetes is well controlled on metformin and I'm doing pretty well.”

So in summary, in Tim's nutrition trial testimony in Feb 2016, he said that William told Dr Harvey that a high protein diet doesn't work for weight loss, then Tim said in this July 2017 podcast that he actually ate a high protein diet to lose weight, and that it's “pretty good” and “often quite helpful”.



Now that was a podcast with limited listeners, this is Tim Noakes on South African TV in 2015.

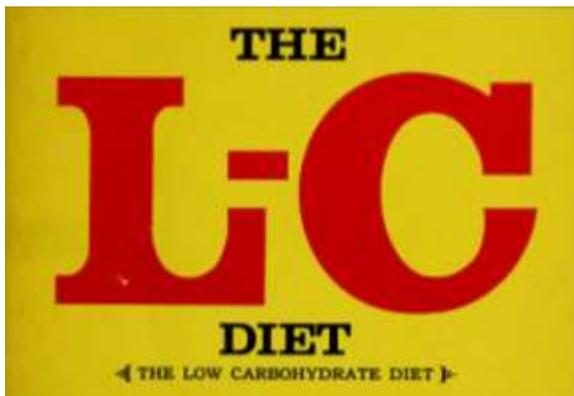
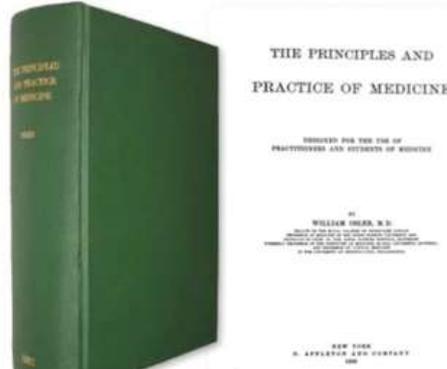
Tim: “... but the point you're missing is that this is the first diet ever described in 1862, (No it wasn't) the Banting diet was the first diet used for the treatment of obesity, it is the first diet described in William Osler's textbook, The Principles and Practise of Medicine, perhaps the greatest textbook ever written on medicine in 1892, it

describes the Banting/Ebstein diet as the treatment for obesity.” (No Tim, it doesn't, it detailed only Dr Ebstein's diet, which was later reduced to 4 words, and then removed from the Obesity section)

The True Banting Diet (V1.1)

Now here in 2014 Tim Noakes says a similar history to the one he said in his nutrition trial, these two books at the top are Dr Harvey and William Banting's, below them are Dr Ebstein's and Dr Osler's, if only Tim studied William Banting's letters... His commentary about William in this audio reveals so much about his lack of knowledge of him, Tim said William lived for another "20 or 30 years", William lived for another 15 years before passing away at the age of 81.

Tim talks macronutrients during this section about William, referencing William's "quality" of food comment, Tim's interpretation of that in this video is high quality nutrients like "protein and fat", and he links this comment to Dr Atkins in the 1970's, it's just incorrect history.



Finishing this little section now, quoting this 1973 Low Carbohydrate Diet book, released one year after Dr Atkins Diet Revolution.

"By modern calculation, William Banting must have been taking in not much less than 2800 calories a day. And in four months he had lost more than twenty pounds. By the end of his first year on Harvey's diet he was fifty pounds lighter."

The person who first said that William Banting's diet was 2,800 Calories a day, if it was psychiatrist

Richard Mackarness, it sure stuck. William lost about 18 lbs in 4 months and 46 lbs in 12 months.

Through the years it's been layer upon layer upon layer of fiction that has us at today's Banting diet google search result, this book finishes its Banting section with, "But to the end of his days William Banting maintained that the modified diet was, in principle and in practice, far inferior to the diet which had so altered his life and on which he had been allowed to eat plenty of fat with his meat."

(That's just not true, wait for the bottom of page 57)

The True Banting Diet (V1.1)

Let's hear a bit of what Dr Harvey said, here's 6 passages from his 1872 *Corpulence (Excess Weight)* book, in relation to disease, it's quite detailed and very ear, nose and throat specific, Dr Harvey was a Surgeon. The first two passages, although they read like they follow each other, are from page 1 and 2 of Dr Harvey's preface, the middle two images, they're one whole passage, and the final two images, they're also one whole passage. (This is for historical factual purposes only)

Several years have passed away since Mr. Banting consulted me for Deafness, the treatment of which led to his publishing a pamphlet on Corpulence.

William Harvey
On corpulence in relation to disease

#kindlequotes

By some it has been highly lauded; by others, blamed: on the whole, it may be said that it now holds a place in every issue or monograph from the medical press relating to diet and nutrition.

William Harvey
On corpulence in relation to disease

#kindlequotes

As to what is unnecessary, that of course is different in different cases. In the diet I usually forbid or place great restrictions on all saccharine and fatty matters, pastry, &c. 1. Because I know that most people eat too much of them; 2. Because they are the chief elements of what is called respiratory food, and thereby load the pulmonary machinery

William Harvey
On corpulence in relation to disease

#kindlequotes

3. Because there is quite sufficient of these in lean meat as ordinarily eaten, in edible vegetables before indicated, and in other substances; and better calculated for attaining the object in view. Lastly, because any excess of these matters tends to load the liver, which it is in all cases most desirable to keep freely in action.

William Harvey
On corpulence in relation to disease

#kindlequotes

There are other cases of deafness complicated with an excessive development of fat, which will not yield to ordinary treatment unless a scale of diet be adopted in which saccharine and starchy materials are in some degree avoided, whether these be found in food or liquid.

William Harvey
On corpulence in relation to disease

#kindlequotes

As a rule, in these cases, the patient should take a larger amount of animal food, but not to the exclusion of those fruits and vegetables which contain but little of sugar or starch.

William Harvey
On corpulence in relation to disease

#kindlequotes

The True Banting Diet (V1.1)

William Banting started his new dietary system in August 1862, so Dr Harvey's book was released 10 years after their first meeting, (Dr Harvey's preface was April 1872, so just under 10 years). 1872 was also the final writing I found from William Banting too, (Harvard Medical School Library Letters).

In both Dr Harvey's book and William Banting's 3 responding letters to James Brown over the 3 year period following the release of the fourth and final edition of his letter, where William doubles down on excluding high fat foods from his diet, there is not one mention of a falling out by either of them.

If anything, Dr Harvey actually softened his initial position, see the final sentence (below left), "These, said my excellent adviser, contain starch and saccharine matter, tending to create fat, and should be avoided altogether." (Remember Dr Atkins "... we first cut carbohydrates *altogether* ...")

The items from which I was advised to abstain as much as possible were: Bread, butter, milk, sugar, beer, and potatoes, which had been the main (and, I thought, innocent) elements of my existence, or at all events they had for many years been adopted freely. These, said my excellent adviser, contain starch and saccharine matter, tending to create fat, and should be avoided altogether.

William Banting
Letter On Corpulence

Perhaps I did not wholly escape starchy or saccharine matter, but scrupulously avoided those beans, such as milk, sugar, beer, butter, etc., which were known to contain them.

William Banting
Letter On Corpulence

the eustachian tubes. I subjected him to a strict non-far-naceous and non-saccharine diet, and treated him with the volatile alkali alluded to in his Pamphlet, and occasional aperients and in about seven months he was reduced to almost normal proportions, his hearing restored and his general health immensely improved.

In April 1864 Dr Harvey wrote 800 words for William's 3rd edition, this left comment was part of it.

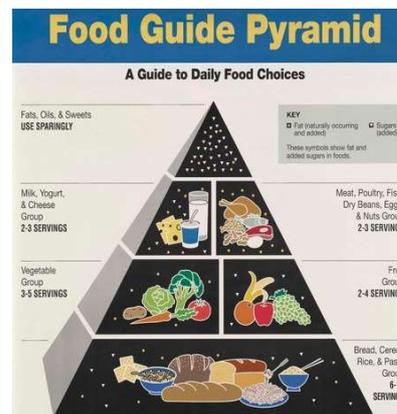
Dr Harvey's initial instructions to William were the instructions for a diabetic patient, William wasn't

diabetic, his problem was simple excess weight, you can see William state in his letter that he didn't "wholly escape starchy or saccharine matter", as can be seen in his daily diet, he still ate bread, fruit, veggies and drank red wine every day, losing 3 - 5 lbs (1.5 - 2.5kg) every month, (Banting Balance). William's steady, systematic monthly weight loss resulted in a 46 lbs / 21kgs first year weight loss. Ten years later, you can clearly see Dr Harvey's adjusted position on starch and saccharine matter change to be "in some degree avoided". I think it's highly likely this was because of William Banting.

We're going to get to the Food Guide Pyramid soon, it's brilliant in combination with True Banting.

There are other cases of deafness complicated with an excessive development of fat, which will not yield to ordinary treatment unless a scale of diet be adopted in which saccharine and starchy materials are in some degree avoided, whether these be found in food or liquid.

William Harvey
On corpulence in relation to disease



The True Banting Diet (V1.1)

I like Dr Harvey's comment alongside the Food Guide Pyramid on the previous page, how he says, "There are other cases of 'deafness' complicated with an excessive development of fat..." He was talking in regard to patients like William Banting's situation, I like it from a metaphoric perspective, the Food Guide Pyramid has been hammered by so many people since its introduction in 1992, with good reason in some cases, I think what really let it down are the images used.

For example, 1 serving of grains is just one slice (1oz/30g) of bread, so if you have a sandwich, that's 2 of the minimum 6 daily servings recommended. When it comes to rice and pasta, just half a cup of cooked rice or pasta is 1 serving of grains in the official USDA serving sizes, the image of the 'plate of pasta' used in the 1992 Food Guide Pyramid I think would be more than 6 servings alone.

And that's what my simplified Food Guide Pyramid, combined with the framework of The Banting System addresses. Before we keep moving, I just want to share this comment Sir William Osler made about carbohydrates in the first edition of his 1892 Principles and Practice of Medicine textbook, it's placed just two paragraphs above the section that outlines Dr Ebstein's high fat diet.

In obesity it is now generally conceded that the carbohydrates, which were so long blamed, are not at fault, since they are themselves converted into water and carbon dioxide.

I can now confidently say that quantity of diet may be safely left to the natural appetite; and that it is the quality only, which is essential to abate and cure corpulence. I stated the quantities of my own dietary, because it was part of a truthful report, but some correspondents have doubted whether it should be more or less in their own cases, a doubt which would be better solved by their own appetite, or medical adviser.

William Banting
Letter On Corpulence

#kindlequotes

In today's world, with the food products available, (e.g. Coca Cola wasn't invented until 1886, that was the same year the first Benz motor car was invented) I don't think William's comment to the left applies in the same way it did 160 years ago, parts of it do, particularly his food quality comment.

There are higher quality carbs to choose today, which is important to do, just like petrol/gas quality for cars. For example, in the grains section of the Food Guide Pyramid, wholegrains like brown rice, oats, wholemeal bread etc. are clearly better options than refined grains.

Here's how I'd summarize William's comment today, I can now confidently say that quantity and quality of diet is essential for healthy, once and forever simple excess weight loss, and if you need any help with your own situation, find a great, qualified nutrition expert to assist you. Myself, I've had blood tests, body scans and a heart plaque scan too. (The heart plaque scan was because of my family history with Dad, and my age, when I turned 40, I had my first one last year, my score was 0, best score possible, I'm going to have one every 5 years)

I want to start talking about how I found 'Banting Balance' in the final 3 months of my 12 months (June 2018 to June 2019) Turning Point 12 Months, but first, I have to finish explaining the points from Tim Noakes 600 word email to me, I think it's important, starting with these Nov 2013 dates.

826 November 2013, Vol. 103, No. 11 SAMJ

The Noakes Diet SAMJ article and SA Banting Diet book.

Since the launch of the original Real Meal Revolution in November 2013, low-carb high-fat (LCHF) eating – otherwise known as Banting – has taken South Africa by storm. The book has sold 275,000 copies

FORUM

The True Banting Diet (v1.1)

Tim Noakes said in his email to me on May 27, 2020, that, “There never was a Tim Noakes diet.” The November 2013 South African Medical Journal definitely shows there was the ‘Noakes Diet’. The second image from the bottom of the previous page is from the Real Meal Revolution (RMR) website, that’s the name of the book co-authored by Tim Noakes that introduced South Africans to a diet they call ‘The Banting Diet’, that book was launched in South Africa the exact same month as Tim Noakes South African Medical Journal (SAMJ) article was published about the ‘Noakes Diet’.

ALL THE BANTING/KETO FACTS YOU NEED

Banting Diet Facts

William Banting was a British undertaker who was very obese and desperately wanted to lose weight. In the year 1862 he paid a visit to his doctor, William Harvey, who proposed a radical eating plan that was high in fat but included very few carbohydrates. By following this eating plan Banting experienced such remarkable weight loss that he wrote an open letter to the public, the “Letter on Corpulence”, which became widely distributed. As more people started following this eating plan to lose weight, the term “banting” or to “bant” became popularised.

I googled ‘Banting diet facts’ this month, this fiction is still showing on the RMR website.

3 pages back you got an idea of the advice Dr Harvey gave William Banting, nowhere in his writing did he say to eat a high fat diet.

(Sidenote: The alcohol in William Banting’s diet is possible reason 3 for why I think ‘Banting’ was removed from the 1925 tenth edition of The Principles and Practice of Medicine).

What just about everyone has failed to account for in William’s dietary system is the alcohol component in it, (and in context with 1860s thinking) there is a portion of straight forward carbohydrate in the red wine and sherry he mentions, (among others) but the alcohol component itself, it has to be accounted for too, in the 3 main macros, (protein, carbs, fat) as alcohol is next to never mentioned today as a macronutrient.

Where in RMR’s ‘Banting Diet Facts’ does it mention William increasing his lean protein intake, or even just his protein intake at all?

I understand the story of how Jonno changed Tim’s LCHF acronym to Banting, the night before the book went to the publishers, but, where Tim said in his second paragraph to me, “I had nothing to do with that change.”, I strongly disagree with that statement.

Tim had so much to do with Jonno thinking William Banting ate a high fat diet to lose his weight, and not just Tim, but before Tim, Gary Taubes said in 2007 in his Good Calories, Bad Calories book that, “Banting’s original prescription was a high-fat diet”.

The 2 800-calorie diet prescribed by William Harvey that allowed William Banting to lose twenty-one kilograms between August 1862 and August 1863. Adapted from: Banting, 1869, p. 11; and Mackarness, 1956, p. 22.

Tim Noakes
Challenging Beliefs: Memoirs of a Career

#kindlequotes

Here again is Tim Noakes edition of Challenging Beliefs, published in 2012, prior to the publication of Real Meal Revolution in November 2013.

In Tim’s third paragraph he sent me, he falls behind using ‘Banting’ with these words, “Then the term Banting became common in South Africa and it reflected on the historical use of the term ie to lose weight with a particular diet.”

The True Banting Diet (V1.1)

PhD Dietician Zoe Harcombe also mentioned it too, at the bottom of her final email to me on May 30, 2020. Zoe said, "My other recollection of "Banting" is that it became the word for dieting. People would say that they were banting when they were dieting. I guess it then got blurred and became associated with more than the original diet."

One question I have is, why did it take my email in 2020 to Tim, for him to look at and prompt his two most trusted PhD Dieticians to do a sample nutrition table for William Banting's original diet?

And this isn't just Tim and the low carb community who have William Banting's diet labelled as a low carb, high fat (LCHF) diet, this is part of a letter written by the heads of the University of Cape Town (UCT) health department that was sent to The Editor of major South African newspaper, Cape Times.



FACULTY OF HEALTH SCIENCES
UNIVERSITY OF CAPE TOWN

The Editor
Cape Times
22 August 2014

Noakes' diet and health implications

The apparent endorsement by Members of Parliament of South Africa of the latest fashionable diet, 'Banting' ('SA's Ticking Time-bomb', Cape Times, 19 August 2014), and the message it sends out to the public about healthy eating, is cause for deep concern - not only regarding Parliament's support for it as an evidenced-based 'diet revolution', but sadly, the long-term impact this may have on the health of the very people they have been elected to serve.

Any diet for weight loss and maintenance should be safe and promote health in the long-term. Currently the long term safety and health benefits of low carbohydrate, high fat diets – such as Atkins, Paleo and South Beach, and in which Banting falls - are unproven, and in particular whether it is safe in pregnancy and childhood.

"in which Banting falls", it's crazy just how far Banting has gone in the completely opposite direction.



On another TV show in South Africa, Tim Noakes did an interview about his newfound weight loss, the current affairs show is called Carte Blanche, I believe the episode aired in early 2012.

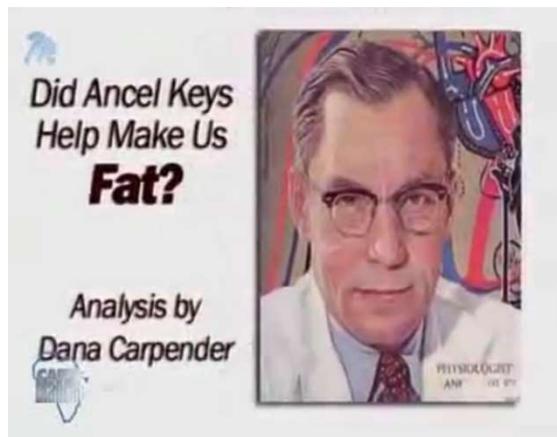
Search 'Prof Tim Noakes on Carte Blanche' on YouTube to watch it, it starts with Atkins, then Tim mentions incorrect William Banting history, saying,

"The first person to show that you must reduce your carbohydrate intake and increase your fat intake was a guy called William Banting in 1861,

and he discovered that by changing to a carbohydrate restricted diet he lost 50 lbs at the age of 60 and lived for another 21 years very healthily. Now that was the teaching in all of the medical schools

The True Banting Diet (V1.1)

globally until 1959, unfortunately what happened is a guy called Ancel Keys came along in the United States of America, he wanted to make a name for himself, and he manipulated some data and that was the turning point.”



The article continues with the Carte Blanche journalist saying, “Known as Monsieur Cholesterol, Keys theory was that it was eating too much fat in your diet that was the cause of heart disease.”

Tim Noakes then says, “And from that moment, the whole world changed, and so before carbohydrates was the villain, now fat became the villain.”

It’s time for the fiction around William Banting’s high fat diet to stop, William’s diet was low fat.

I’m talking mostly about meat saturated fat now, William didn’t eat fatty meat, he ate lean trimmed meat, with bread (toast), he also brought potatoes back into his diet too, William found starches to not put on excess weight as easy as sugar.

Let’s go back to Dr Atkins CNN interview with Larry King in January 2003 to close out this section, I think it’s really important to understand this part.

Larry King: “But how about the concept that every cardiologist I’ve ever talked to, and I’ve had heart disease and I mean, I had a heart attack and heart surgery, says, fats are bad because, obvious when you think of a fat, it builds plaque, plaque is what constricts the system, bang, you’re in trouble.”

Dr Atkins: “Well, that’s what they say, but on the other hand there’s a lot of evidence that shows that all of that thing about fat was done on studies where there was a lot of carbohydrate. Now, when there’s a lot of carbohydrate your fat takes a different metabolic pathway than when there’s very little carbohydrate, when there’s a lot of carbohydrate fat turns into triglyceride which is bad for your heart, and that’s a bad thing, but when you don’t eat carbohydrate, then it turns into energy.”

Larry King: “So in other words, when you have the steak, [with the fat] you don’t have the bread? That’s a whole different concept occurring in your system?”

Dr Atkins: “And I don’t have the potatoes either for that matter.”

Larry King then goes on to mention Gary Taubes New York Times Magazine article.

Larry King: “Now the article didn’t say you were right, but it suggests you were right, but suggested the possibility that you were right, do you have a feeling of, ‘I told you so’.”

Dr Atkins: “Sure, I’ve had that feeling all along, but finally, finally, somebody (Gary Taubes) has now recognised that there were so many studies confirming what I’ve said...”

About 15 minutes into the interview Larry King was asking Dr Atkins about his daily diet, talking about dinner (night meal), Dr Atkins mentions “all kinds of meat, rack of lamb...”, Larry asked about lamb chops? Dr Atkins said yes, then Larry asked, “Do you eat the fatty part of the lamb chop too?”

Dr Atkins: “Yeah, yeah I eat that.”

The True Banting Diet (V1.1)

Visually now, in this New York Times Magazine article that led to this book that set a false, high fat Banting foundation, if you combine this fatty meat with this bread (or potatoes) consistently, that's a recipe for heart disease, here's Larry King and Dr Atkins again.

Larry King: "So in other words, when you have the steak, [with the fat] you don't have the bread? That's a whole different concept occurring in your system?"

Dr Atkins: "And I don't have the potatoes either for that matter."



An example of William Banting's daily breakfast 160 years ago was, (using objective measurements) 4 or 5oz (113 or 142g) of beef (steak), 1oz (28g) of dry toast, (no butter) and an 8oz cup (236ml) of black tea, with no milk or sugar.

That's a lean meat and grains combination that in the 1860s was said to be "as old as the hills", remember the rowing teams from Oxford University and Cambridge University, they ate this too. (I'm not recommending eating this way today, I recommend following Government guidelines)

20 years later, in 1882 Dr Ebstein introduced his new weight loss diet, 2 to 3 ½ oz (70 to 100g) of meat fat, added to a reduced amount of 50 to 60% of the daily quantity of meat, fish, chicken etc. that made up William Banting's daily diet, BUT, Dr Ebstein still kept 3 to 3 ½ oz (85 to 100g) of white bread (toasted) in his daily diet, 'well covered with butter'. (Bread was probably increased upon too)

In 1892 Dr Ebstein's diet is detailed and recommended for Obesity treatment in Sir William Osler's first edition of The Principles and Practice of Medicine, then 20 years later, according to Dr Atkins, the first heart attack in America happens in 1912.

Our increased knowledge on this subject, especially since Professor Ebstein has shown the fallacy of the old idea that fat and butter produce fat ; now render, I believe, the adoption of these diets quite harmless, while they allow of a far greater variety in the choice of food.

Where I said two paragraphs ago that Dr Ebstein's weight loss diet was new, I think this evidence supports that statement.

Remember this passage of writing from Dr Joshua Duke in

his book, Banting in India, these words are on page 6 of the third edition of it, released in 1884.

Said a simpler way: "Professor Ebstein has shown the 'false belief' of the old idea that fat and butter produce fat; now making, I believe, the adoption of these diets quite harmless..." (Maybe not)

The True Banting Diet (V1.1)

Tim Noakes in 2020: “If Banting’s diet was not low carbs, that is really interesting. But I suspect you will find it difficult to prove it is not a low carb diet since the usual definition of a low carb diet now (by the registered dietitian) is any diet that [that] provides less than 45% of energy as carbohydrate.”

“I would be very surprised if an upper-class Londoner like Banting in the 1860s was eating more carbohydrate than that BEFORE he began eating Harvey’s diet. My impression perhaps wrong, was that meat remained the primary desired food in the UK for those who could afford it as Banting and Harvey definitely could. So I’d guess that Banting was eating a (currently incorrectly defined) low carb diet even before he followed Harvey’s advice.”

My former dietary table was bread and milk for breakfast, or a pint of tea with plenty of milk and sugar, and buttered toast; meat, beer, much bread (of which I was always very fond) and pastry for dinner, the meal of tea similar to that of breakfast, and generally a fruit tart or bread and milk for supper. I had little comfort and far less sound sleep.

William Banting
Letter On Corpulence, Addressed To The Public

#kindlequotes

There’s so much I don’t know about nutrition, I didn’t even know about the recommended carb % when Tim sent that email, all I knew was that I’d found William’s sustainable monthly weight loss speed of 3 - 5 lbs (1.5 - 2.5kg).

Tim’s two paragraphs above, they clearly show how little he knows about William Banting’s situation, there was no need to “guess” anything about what William ate before meeting Dr Harvey.

William wrote what his diet looked like before starting his new dietary system under the guidance of Dr Harvey, his previous diet was very clearly an unhealthy high carb diet.

William was already eating four meals a day long before ever meeting Dr Harvey, it was loaded with bread, “much bread,” meat is mentioned once, (definitely not the primary desired food for William).

“He manipulated some data?”



In Tim Noakes 2012 Carte Blanche TV interview he mentions William Banting being the first person to reduce his carb intake and increase his fat intake to lose excess weight, which is completely false.

The sentence directly after William’s was this one about medical schools, and Ancel Keys wanting to make a name for himself, here it is again below.

“Now that was the teaching in all of the medical schools globally until 1959, unfortunately what

happened is a guy called Ancel Keys came along in the United States of America, he wanted to make a name for himself, and he manipulated some data and that was the turning point.”

This is part of my first message to The Noakes Foundation, sent on Saturday, June 22, 2019.

I’ve been modernising William’s 4 meals a day diet for the past 12 months or so, I finally figured out how William lost his 1.5kg to 2.5kg per month on his way to losing his 23kg.

The missing ingredient for me was carbohydrates, when I realised William still ate bread in 1 or 2 of his meals each day, and ate fruit every day in his third meal, and mentioned eating rice too, this was a very big turning point for me, to the point where I had 3 consecutive months of 1.5 to 2.5kg weight loss each month eating 4 meals a day, without exercising.

The True Banting Diet (V1.1)

Before I continue with this, (because it's pretty serious) I want to point out something small I just noticed, in Tim's two paragraphs from his May 2020 email to me at the top of the previous page, and the two paragraphs from my first June 2019 message to The Noakes Foundation, we both made one typo, Tim's was 'hat' [that] and mine was 'at' [ate], I think we've both started out with honest intentions, and I think something has happened to Tim.

**For 8 Years (incl. Under Oath) Tim Said 'Lose 6 kilograms in 6 weeks',
Then In August 2019, Tim's 2010 Turning Point Atkins Email
Started Changing To, 'Lose 6 pounds in 6 weeks'.**

'I got up at six and went for a run -

Heart Foundation in 1976.
What made a highly re-
ports scientist do a complete
he'd given to athletes
e, says Tim. And the fact that

Later that same morning, Tim was working
through his inbox when an email arrived titled
'Lose six kilos in six weeks – without hunger'.
Realising that his lifestyle wasn't making him any
healthier, and desperate for answers, he was in a
particularly receptive frame of mind. 'Ordinarily I

THE 10 RULES
of Banting

1 REMEMBER: this is not a high protein diet. It's a high fat, medium protein, low carb way of eating.

3 FAT is not the enemy. Enjoy it!

MEAT
As far as possible, choose grass-fed or organic meats. Enjoy the fat and the skin!

8 NO GRAINS of any kind.

This image above is from the magazine that was created in South Africa, based on Tim Noakes diet, these snippets are from its first April 2014 edition, it included an in depth interview with Tim, the underlined 'Lose six kilos in six weeks' statement is part of his article.

I've heard Tim say on podcasts that there were two big things being talked about in South Africa at that time, the Oscar Pistorius trial and The Banting Diet, (first called The Noakes Diet).



This interview with Tim, he said, was exactly 3 years to the day the Atkins diet email entered his inbox, (Dec 12, 2010) this interview was on Dec 12, 2013, their new book was released a month earlier, in Nov 2013, based on a misleading William Banting message, the book was written in just 6 weeks.

As well as Tim stating his 'Lose 6 kgs in 6 weeks' Atkins diet email, he mentions having a delicious lunch at UCT, Tim said, "... there was very little bread, and I noticed on our table not one person ate bread, so I said, why aren't you guys eating bread? [Their response] "The Noakes Diet..."

The True Banting Diet (V1.1)

Seeing this 'black and white truth' tweet from Tim early this year prompted me to ask him about his Atkins diet email change from 'Lose 6kgs in 6 weeks' to 'Lose 6 lbs in 6 weeks' in Aug 2019, (only 1-2 months after introducing myself) telling Tim I found William's 1.5 - 2.5kg (3 - 5 lbs) monthly weight loss speed, I hadn't named it Banting Balance yet. (Please read down the page, from left to right)

Tim Noakes @ProfTimNoakes

Just when you thought understanding global politics is a simple black/white matter. (How can it be if no side ever tells the truth?).

Kim Iversen @KimIversen... · 27/2/2022
The Chinese Embassy in Russia has called the United States the real threat to world peace and tweeted this graphic. twitter.com/ChineseEmbinRu...
[Show this thread](#)

8:29 pm · 27/2/2022 · Twitter for iPhone

BANTING BALANCE
WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

21st Aug My weight on 26th August, 1862, was 202 lbs. 91.6 kg

On 7th September, it was 200, having lost 2 MONTH (ESTIMATE)

Date	Weight (lbs)	Weight (kg)	Loss (lbs)	Loss (kg)	Rate (lbs/mth)	Rate (kg/mth)
21 st Aug	202	91.6	-	-	-	-
21 st Sep	197	89.2	5	2.3	5 lb	2.3 kg
21 st Oct	193	87.5	4	1.8	5 lb	2.3 kg
21 st Nov	190	86.2	3	1.4	4 lb	1.8 kg
21 st Dec	187	84.8	3	1.4	4 lb	1.8 kg
21 st Jan	184	83.5	3	1.4	4 lb	1.8 kg
21 st Feb	182	82.2	2	0.9	3 lb	1.4 kg
21 st Mar	180	81.7	2	0.9	3 lb	1.4 kg
21 st Apr	178	80.2	2	0.9	3 lb	1.4 kg
21 st May	176	79.8	2	0.9	3 lb	1.4 kg
21 st Jun	173	78.5	3	1.4	5 lb	2.3 kg
21 st Jul	170	77.1	3	1.4	4 lb	1.8 kg
21 st Aug	167	75.8	3	1.4	4 lb	1.8 kg
21 st Sep	164	74.4	3	1.4	4 lb	1.8 kg
21 st Oct	161	73.0	3	1.4	4 lb	1.8 kg
21 st Nov	159	72.1	2	0.9	3 lb	1.4 kg
21 st Dec	157	71.2	2	0.9	3 lb	1.4 kg
21 st Jan	156	70.8	1	0.4	2 lb	0.9 kg
21 st Feb	156	70.8	0	0	0	0

Total loss of weight... 46 lbs. 21 kg

My girth is reduced round the waist, in tailor phraseology, 12 1/2 inches, which extent was hardly conceivable even by my own friends, or my respected medical adviser, until I put on my former clothing, over what I now wear, which

WILLIAM'S WEIGHT LOSS RATE
3-5 lb/mth or 1.5-2.5 kg/mth
BANTING BALANCE

3:21 pm · 28/2/22 · Twitter for iPhone

Banting.com @TrueBantingDiet

Replying to @ProfTimNoakes

@dranthonygustin Tim, just on black/white truth, in the 2010 Atkins email, was it Lose 6kgs in 6wks or Lose 6lbs in 6wks? For 8yrs it was 6kgs, since 2019 mostly 6lbs, both can't be true.

2012: bit.ly/3sraBs9
2019: bit.ly/358L6Dn
2019: bit.ly/3vum3W9

BANTING BALANCE
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21 st Mar	180	81.7	2	0.9	3 lb	1.4 kg

Banting.com @TrueBantingDiet

Replying to @ProfTimNoakes

Tim, here's my tweet from yesterday again, (screenshots) in case you missed it, giving you opportunity to correct/explain it, youtube links from tweet below, Marc ps. Just facts, no hate.

2012: bit.ly/3sraBs9
2019: bit.ly/358L6Dn
2019: bit.ly/3vum3W9

@dranthonygustin Tim, just on black/white truth, in the 2010 Atkins email, was it Lose 6kgs in 6wks or Lose 6lbs in 6wks? For 8yrs it was 6kgs, since 2019 mostly 6lbs, both can't be true.

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No response

The True Banting Diet (V1.1)

Third time lucky, Tim responded to this tweet below.
(Once again, please read down the page, from left to right)

Banting.com @TrueBantingDiet

Tim, following tweet y'day about your 2010 Atkins turning point email, change from 6kgs to 6lbs in 2019, could you please clarify? Marc YouTube 📌

2012: bit.ly/3sraBs9
2016: bit.ly/3vn3X8m (under oath)
2019: bit.ly/358L6Dn
2020: bit.ly/3pnHHK

Pinned Tweet

Banting.com @TrueBantingDiet

Replying to @ProfTimNoakes

@dranthygustin Tim, just on black/white truth, in the 2010 Atkins email, was it Lose 6kgs in 6wks or Lose 6lbs in 6wks? For 8yrs it was 6kgs, since 2019 mostly 6lbs, both can't be true.

2012: bit.ly/3sraBs9
2019: bit.ly/358L6Dn
2019: bit.ly/3vum3W9

BANTING BALANCE

WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

My weight on 24th August, 1862, was 200 lbs. 91 lbs

Date	Weight (lbs)	Carbs (g)	Fat (g)	Protein (g)
24 th Aug	200	100	0	0
21 st Sept	197	82	0	1
18 th Oct	193	75	4	2
9 th Nov	190	62	3	3
2 nd Dec	187	49	3	4
24 th Dec	184	35	3	4
1 st Jan 1863	180	25	3	4

Tweet your reply

6:58 pm · 1/3/22 · Twitter for iPhone

Tim Noakes @ProfTimNoakes

Replying to @TrueBantingDiet

The email was 11 years ago. I'm fairly sure it was 6 lbs in 6 weeks. But the book cover says 15lbs in 2 weeks which is closer to 6kg in 2 weeks. I personally achieved 6kg in the first 6 weeks indicating lots of water loss.

7:04 pm · 1/3/22 · Twitter Web App

Banting.com @TrueBantingDiet

Replying to @ProfTimNoakes

It was your Damascus moment Professor Noakes, 8yrs to mid 2019 (incl under oath here bit.ly/3C0uAee) you only ever said 6kg in 6wks, you also say you lost 11kg (24lb) in the first 8wks here bit.ly/3hucvCc, so you lost 5kg (11lb) in final 2wks before Sweden trip?



7:58 pm · 1/3/22 · Twitter for iPhone

Tim Noakes @ProfTimNoakes

Replying to @TrueBantingDiet

11kg in 9 weeks is the correct number - 101kg to 90kg. The difference between 6 and 9 weeks is 3weeks; explains the apparent discrepancy.

9:17 pm · 1/3/22 · Twitter for iPhone

Banting.com @TrueBantingDiet

Replying to @ProfTimNoakes

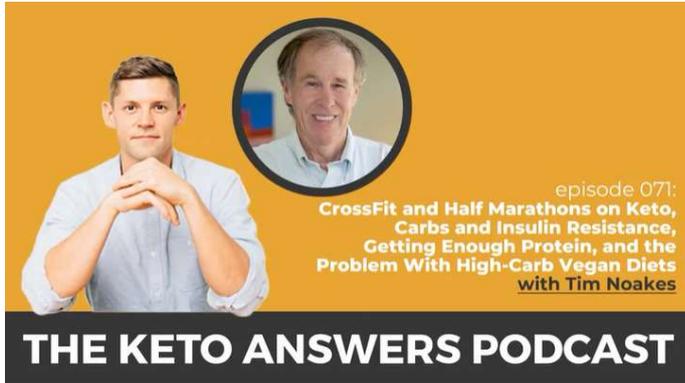
You've said now that William Banting consumed more carbs in his diet, eg. daily bread (grains) I haven't heard you say that he ate lean meat, have you? Differs a lot from your Against The Grains stance and this fatty meat Atkins Carte Blanche TV interview? bit.ly/35BswDB



10:39 pm · 1/3/22 · Twitter for iPhone

The True Banting Diet (V1.1)

I want to make it really clear I have nothing against Keto, I honestly don't, it's just not how William Banting lost 50 lbs (23kg) excess weight once and forever. William's weight loss dietary system was a low fat diet, you will see in my first tweet reply to Tim I included @dranthonygustin in it, * this was the first podcast Tim mentioned his refined '6 lbs in 6 weeks' Atkins diet 2010 email, it was also the first time I heard him mention myself, if you want to see Tim Noakes 6 kgs to 6 lbs transition, here's some bit.ly YouTube links, each video is set to start at the exact moment Tim starts telling his (either) "6 lbs in 6 weeks" or "6 kgs in 6 weeks" story, the * is from @dranthonygustin's podcast.



2012 <http://bit.ly/3sraBs9>
2016 <http://bit.ly/3vn3X8m> (under oath)
*2019 <http://bit.ly/358L6Dn>
*2019 <http://bit.ly/3vum3W9>
2020 <https://bit.ly/3QPNzER>
2020 <http://bit.ly/3pnHHK>
11kg/24lb in 8wks <http://bit.ly/3hucvCc>
False TV interview <http://bit.ly/35BswDB>
False TV interview <https://bit.ly/3pqNfR7>
Trial <https://bit.ly/3SYzB5u> (under oath)

Here's what I think is a sad part about what Tim Noakes has done, the book that changed his life was *New Atkins for a New You*, by Dr Eric Westman, Dr Stephen Phinney and PhD Dietician Dr Jeff Volek. Their high fat diet history starts most notably with explorer Vilhjalmur Stefansson in the early 1900s.

The explorer whose experience living as a hunter was the most carefully documented was the controversial anthropologist Vilhjalmur Stefansson. After spending a decade in the Arctic among the Inuit in the early 1900s

Eric C. Westman, Stephen D. Phinney, et al.
New Atkins For a New You: The Ultimate Diet for Shedding Weight and Feeling Great

#kindlequotes

If Tim stayed focused on the book that changed his life, (he's all about the Atkins book now) continuing down a truthful path, with or without the 'Noakes Diet', he could've avoided all his Banting controversy.

Tim's focus turned to Gary Taubes book, a book that set a false Banting foundation, you can literally see the points where Gary steers Banting in a high fat direction.

Tim has the same number of letters after his name as the alphabet, but appears to have believed every banting word of Gary's book without too much further investigation, and he's not alone.

Nina Teicholz, in one of her speaking sessions, displayed 15 popular low carb diet books, and then asked everyone, away from Dr Atkins book, which book they thought had sold the next most copies?

Nina said, "Protein Power! by [Drs] Michael [and Mary Dan] Eades, sold 4 million books."

Nina continued, "I think all the rest of us combined did not even come to a fraction of that."

Over half of page 16 in Protein Power is about William Banting, please read the 6 words underlined.

1878 at eighty-one years of age. His diet was so well known that his name became synonymous with dieting; people weren't dieting; they were banting. In America, Banting's lean-meat diet led to the development of the American Salisbury steak, a staple of life in the late 1800s.

The True Banting Diet (v1.1)

Contacting Gary Taubes

I sent this message to Gary Taubes through his website.

Sunday, August 21st, 2022.

Hi Gary,

My name's Marc Edward Jarman, I'm releasing a document on Friday August 26th called The True Banting Diet, demonstrating that William Banting's weight loss diet was actually a low fat diet, not a high fat diet.

Tim Noakes sent me an email in May 2020 with a statement from your book, Good Calories, Bad Calories, (The Diet Delusion) where you say, "Banting's original prescription was a high-fat diet but then it was modified by Harvey himself..."

Can I ask you just two questions about this?

1. Can you show me any evidence written by William Banting or Dr Harvey that supports your statement?
2. The reason I contacted Tim Noakes about this apparent falling out between William Banting and Dr Harvey was because of a tweet he posted in June 2019 where he stated they "fell out", Tim Noakes pointed out to me in his May 2020 email that those words "fell out" weren't his, can I ask if you told Tim that William Banting and Dr Harvey "fell out"?

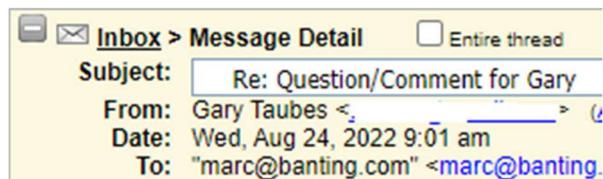
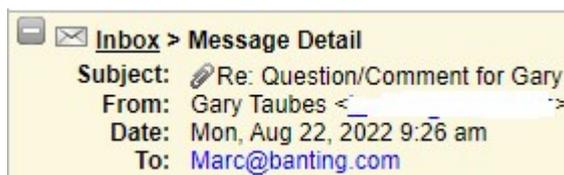
Myself, I always tend to say the words "falling out" whenever I use that expression, (not often) but in all of my Banting research over the past few years, which is a fair bit, I'm almost 100% certain I've only heard the words "fell out" said one other time away from Tim Noakes tweet (and follow up references to it) and that was in a Joe Rogan podcast (#1267, March 19, 2019) with yourself and Stephan Guyenet, at 45 minutes, 54 seconds you said, "Stephan and I first sort of fell out..."

I think it's really important that The True Banting Diet is known, as you might be aware, William states in his Concluding Addenda released in December 1863 that the diet itself was "as old as the hills", so getting this right is pretty important from a historical perspective too.

Thanks for your time,

Marc

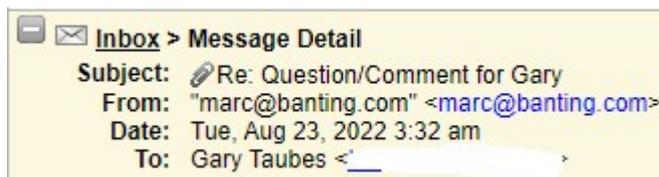
The True Banting Diet (V1.1)



Gary responded to my message the next day in a just over 400 word email, you can read my responding email below, Gary included two attachments in his email to me, first, a copy of William Banting's 1869 fourth edition of Letter on Corpulence, and second, an 1872 copy of Dr Harvey's Corpulence book.

A little over 24 hours after receiving my responding email below, Gary sent me a second email saying he wasn't "wild about the idea" of his first email being included in this document, so I'm not going to include his email here, but I am going to include my reply, Gary told me he would've chosen his "words even more carefully" had he known his email was going to be made public.

Unlike my correspondence with Tim Noakes where everyone involved was fully aware that our conversation was forming part of this document, I've also seen Tim Noakes read out emails related to his nutrition trial at public speaking events.



Thanks for replying Gary, your email to me was just over 400 words, this one's a bit over 1,600, maybe the longest email I've ever written, and it could've been so much longer, there's just so much to rewind when it comes to your version of Banting.

I'll include your email in my document so others can get an understanding of your thinking too.

Your book is like a textbook for so many, it's incorrect high fat Banting information has been built upon, that's what Tim Noakes did with it, and he's not alone.

It's not just the percentage of fat Calories that aren't high when alcohol is factored in, it's also the total daily grams of fat too.

Regarding asking if you told Tim that William Banting and Dr Harvey "fell out", I wasn't referring to just in person conversation, I was referring to email conversation too, although you've only been together in person 3 or 4 times, (one of those times being the "Banting" Low Carb High Fat (LCHF) conference in South Africa in 2015) I'm sure you guys would've emailed each other, strong relationships can be built over email, and as you've said, you guys are allies.

The first page you mention in Dr Harvey's book, page 109, it looks like that's the page where you got your opening comment from for your section about William Banting in Good Calories, Bad Calories, (The Diet Delusion).

The True Banting Diet (V1.1)

Prologue

A BRIEF HISTORY OF BANTING

Farinaceous¹ and vegetable foods are fattening, and saccharine matters are especially so. ... In sugar-growing countries the negroes and cattle employed on the plantations grow remarkably stout while the cane is being gathered and the sugar extracted. During this harvest the saccharine juices are freely consumed; but when the season is over, the superabundant adipose tissue is gradually lost.

THOMAS HAWKES TANNER, *The Practice of Medicine*, 1869

Since working my way through your book, it's puzzled me why you started the opening section of 'A BRIEF HISTORY OF BANTING' with a passage from an 1869 medical textbook when I'm sure you had access to a version of William Banting's own 1869 fourth edition.

In William's 1869 edition, he shared a further 5 years nutrition experience with the public, I think this comment below would've been far more appropriate for a section titled 'A BRIEF HISTORY OF BANTING', I haven't seen you reference William's sugar experiment results in any of your books, not even in *The Case Against Sugar*, published in 2016.

It may possibly interest the public to know the result of my own proceedings and personal experience since I published my third edition in 1864. My weight has continued at about 11 stone, from which I have never varied more or less than 3 lbs., principally when I was experimenting to ascertain my own greatest dietetic enemy; and I have proved very satisfactorily that it is and was sugar and saccharine elements.

William Banting
Letter on Corpulence

I have ascertained, by repeated experiments, that five ounces of sugar distributed equally over seven days, which is not an ounce per day, will augment my weight nearly one pound by the end of that short period. The other forbidden elements have not produced so extraordinary a result. In these, therefore, I am not so rigid.

William Banting
Letter on Corpulence

5 ounces of sugar distributed equally over 7 days is 5 teaspoons of sugar a day, and that would increase William's weight by 1 lb a week.

What really has to be understood here is, that's in addition to William's current diet at the time, which included around 14 ounces (a bit over 400mls) of red wine / sherry etc. a day. Myself, I've been adding around 1-3 teaspoons of raw sugar a day most days to my diet for probably over a month or so now and my weight hasn't increased as a result of it, but I don't have the daily alcohol William had in his daily diet either.

Here's a passage from my document, *The True Banting Diet*,

The True Banting Diet (V1.1)

I've listened to quite a few of Gary's podcasts now, in an April 2021 podcast describing a Keto diet, Gary said, "so when I was young Keto was called Atkins, you know when Atkins was young Keto was called Banting, although he didn't know that." When Dr Atkins was young Keto was called Banting? That's not true at all. (End of passage)

You clearly had a bias towards Atkins after having success with Dr Atkins diet yourself, I just think you then over-reached and brought Banting in under the Atkins/Keto high fat diet umbrella when it doesn't belong there.

I have my own bias too, I have a bias towards Banting because I found sustainable weight loss with Banting, True Banting, a true modernised version of Banting, in line with the alcohol included as carbs Banting, bread, rice, wraps, I'm even back eating pasta again now, low saturated fat, lean meats, plant proteins, fruits, vegetables etc, and it's all because I included more starch and fruit in my diet and found William's sustainable weight loss speed of 3 - 5 lbs a month.

That's a new weight loss term I'm introducing in my book on Friday, it's called Banting Balance.

Here's one more passage from Thomas Hawkes Tanner's The Practice of Medicine.

of the heart become enfeebled, or the blood get impoverished. As a rule, the diminution in gravity should not be allowed to progress more rapidly than at the rate of one pound a week ; and it

This is much more in line with William Banting's weight loss speed than Dr Atkins and Keto diets, and it's simply because they're different diets.

I didn't set out to be a proponent or defender of the USDA Food Guide Pyramid, but I am going to be, because it's brilliant when the serving sizes are understood, the images used in drawing up the Food Guide Pyramid really let it down though.

William Banting's diet wasn't absent of farinaceous (starch) and saccharine (sugar) matter, in your email, you left out the ounce of dry toast (one ounce of bread is pretty much one standard slice of bread today, which is also 1 serving of grains in the USDA Food Guide Pyramid) William includes an ounce of toast in one or two of his daily meals that made up his 4 meals a day weight loss dietary system, with the optional 5th nightcap, (I'm calling the nightcap an optional nightsnack in my modernised True Banting Diet)

In my nutrition analysis of William's sample daily diet, I use one ounce of bread (toast) with 2 of his 4 meals, meal 1 breakfast, and meal 2 dinner (2pm), I do this because these are objective numbers William has written, objective numbers create clarity, it's 100% certain that William ate one ounce of dry toast with his 2pm dinner meal, but in his breakfast meal William says, "a little biscuit, or one ounce of dry toast", "a little biscuit" is a subjective term, and subjective terms create confusion for readers, not clarity, it leaves the reader to decide what 'little' means, it's for this reason that I opt for William's "or one ounce of dry toast" comment in his meal 1 breakfast.

I want my Banting document to create clarity for anyone reading it.

William's 3rd meal in his 4 meals a day diet was an 80% Carbohydrate Calories meal, my nutrition table below are the exact macronutrient numbers based on PhD Dietician Caryn Zinn's sample Banting diet, from an email with Tim Noakes when he cc'd both Caryn and fellow PhD Dietician Zoe Harcombe, Tim's two most trusted Dietician's into our May 2020 email when I first told Tim that William Banting's diet was a low fat diet.

The True Banting Diet (V1.1)

tea	
Apple, fresh, bonza, unpeeled	75g
Britannia Milk Rusks	1.5 regular bi



Nutrition Facts		Valeur Nutritive	
18 Serving per container / 18 Portions par boîte			
Serving size/ Portion: 3 rusks/ biscottes (31 g)			
Amount per serving / Valeur Nutritive par portion		Calories / Calories 140	
		% Daily Value* / %Valeur Quotidienne*	
Total fat/ Lipides	3.5 g		5 %
Saturated fat / Lipides saturés	2 g		10 %
Trans fat / Lipides trans	0 g		
Cholesterol / Cholestérol	1 mg		0 %
Sodium / Sodium	145 mg		6 %
Total carbohydrate / Glucides	24 g		8 %
Dietary Fibre / Fibres alimentaires	0 g		0 %
Total Sugars / Sucres	7 g		
Includes 6g Added Sugars/ Comprend 6g de sucres ajoutés			12 %
Protein / Protéines	3 g		



Meal 3 - Smaller Tea	Protein	Fat	Carb		Calories
Food Items	Grams	Grams	Grams		Calculated
Apple 75g (2.5oz) raw unpeeled	0.2	0.05	10.4		42.85
Britannia Milk Rusks 15.5g (1/2 serve)	1.5	1.75	12		69.75
Black Tea 8oz (no milk or sugar)					
Total Grams	1.7	1.8	22.4		113
	Grams	Grams	Grams		Rounded

Below is the nutrition analysis for William Banting's meal 2 lunch meal, once again, based on Caryn's sample outline, his lunch meal when Alcohol is added to Carbs is a little over 60% carbs, just under 30% Protein, and a little over 10% Fat. My food weights are slightly different to Caryn's because I went on William Banting's solid and liquid totals for each meal, that he wrote on the page after he lists his sample daily diet, if I had of used Caryn's 75g Apple it would've added more to my Carb column, I used only 1oz, (28-30g).

William mentions 8 ounces of solid and 8 ounces of liquid for his meal 2 dinner meal, you'll see my total solid actually comes to 10 ounces, I could've left out the roast duck which would've meant less fat and protein, which I think would've been logical to do based on William already eating a 5 ounce serving of any fish, (except salmon, mentioned in both his first 1863 and his fourth 1869 editions of William's letter, William added herrings and eels to the high fat fish to exclude in his fourth edition). Caryn's solids total over 12 ounces.

The True Banting Diet (V1.1)

dinner

Cod, flesh, baked	165g
Bread, white, commercial, other, fresh	30g
Beans, green, fresh, steamed, no added fat	1 serving
Apple, baked, peeled	75g
Partridge, flesh, roasted	60g
Sherry, dry	250 mL

Meal 2 - Dinner	Protein	Fat	Carb	Alcohol	Calories
Food Items	Grams	Grams	Grams	Grams	Calculated
Cod 5oz cooked w/ dry heat	32.4	1.2	0		140.4
White Bread 1oz toasted	2.4	1.1	14.7		78.3
Green beans 1oz boiled	0.5	0.05	2.2		11.25
Apple 1oz raw peeled	0.1	0.05	3.6		15.25
Duck 2oz roasted without skin	13	6	0		106
Dry Sherry 8oz (237mls)	0.5	0	26.5	34.7	350.9
Total Grams	49.2	8.8	47.0	34.7	702
	Grams	Grams	Grams	Grams	Rounded

When you compare the nutritional analysis for the rusks and the bread, they're very similar, the amount of rusk used in the nutrition analysis was based on William saying he ate "a rusk or two" in his letter, Caryn took the middle position and said 1 ½ rusks, so there were days when William would've eaten more than what's listed in this nutrition table from his first year, in his fourth edition solid and liquid totals, his numbers increase. The reason I'm mentioning this paragraph now is because I think it's fair to say that William was eating 3 servings of grains a day by USDA Food Guide Pyramid standards.

And although he doesn't mention eating eggs, cheese or rice in his sample daily diet, he does mention all three of them in this passage below in the third edition of his letter, which you mention having an original of it on your bookshelf, "eggs... cheese, if sparingly used, and plain boiled rice seem harmless."

might do so, or that they were forbidden. Green vegetables are considered very beneficial, and I believe should be adopted at all times. I am indebted to the "Cornhill Magazine" and other journals for drawing my attention to these dietetic points. I can now also state that eggs, if not hard boiled, are unexceptionable, that cheese, if sparingly used, and plain boiled rice seem harmless.

The True Banting Diet (V1.1)

In finishing up Gary, I want to clearly state that I have nothing against Low Carb High Fat (LCHF), or Ketogenic diets, that you promote, as I've said to Tim Noakes, I hope it helps millions and millions of people. I simply have a problem with William Banting being used as the base for Low Carb High Fat (LCHF), and as you've said, Keto diets, because William's diet very clearly wasn't a low carb high fat diet in any way, it was a low fat diet.

Simply google improvement after movement on Friday to download a copy of The True Banting Diet.

All the best,
Marc

ps. The old as the hills comment was referring to athletic diets of the day in England, I include both Oxford University and Cambridge University rowing teams diets in my book as examples, William had no knowledge of Brillat-Savarin, as he states here in his 1869 fourth edition.

I've double underlined the single letter 'a' in William's last sentence, there's more than one way to lose excess weight by diet, I noticed for a while there both yourself and Tim Noakes talk more about Brillat-Savarin than Banting, in Tim Noakes nutrition trial, the YouTube video that he talks about Banting comes under the title of Brillat-Savarin's 'The Physiology of Taste', in hindsight, your Prologue probably should've been called 'A BRIEF HISTORY OF BRILLAT-SAVARIN', it's never too late to correct an error.

I don't know much at all about Brillat-Savarin, whether or not the meat in his diet was untrimmed high fat meat or trimmed lean meat, my focus has been on Sir William Osler's The Principles and Practice of Medicine editions, from his first edition to the tenth edition, and the recommended Obesity treatment diets within it, Brillat-Savarin doesn't get mentioned anywhere in Dr Osler's medical textbook, Dr Wilhelm Ebstein's high fat diet does though.

It was probably my misfortune, never to have heard of a celebrated work, *La Physiologie du Gout*, by Brillat Savarin, and other treatises by Bernard and Dancel; but I had full confidence that our own eminent medical men (second to none in Europe) were well informed of every new scientific fact discovered in Paris or elsewhere, and I never dreamed of consulting those foreign authorities, from whom, as the public press has since informed me, I might have obtained a remedy for the cure of Corpulence.

The True Banting Diet (V1.1)

The USDA and The Banting System (Both Established in 1862)

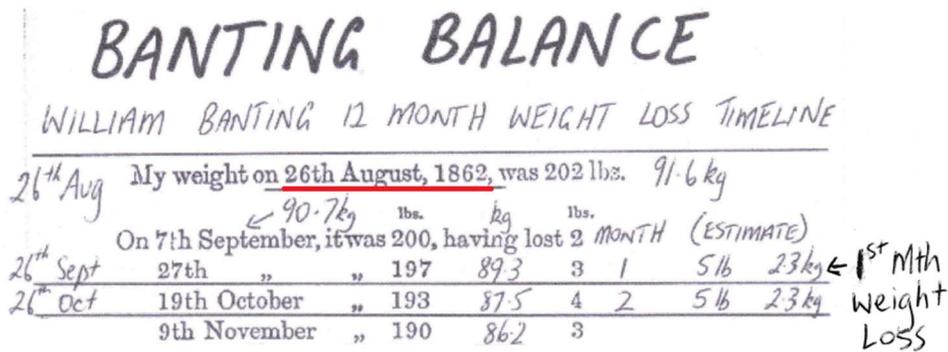
Where I was just mentioning the USDA Food Guide Pyramid, I only learned this month that the USDA, United States Department of Agriculture, (like William Banting's weight loss) started in 1862, by then US President Abraham Lincoln, here's a 2012 paragraph I read online about the USDA.

A Brief History of the United States Department of Agriculture (USDA)

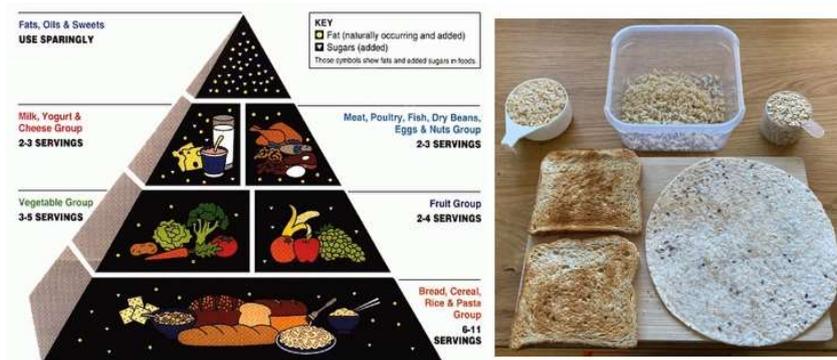


Home > Agriculture > [A Brief History of the United States Department of Agriculture \(USDA\)](#)

In the spring of 1862, Abraham Lincoln signed into law an act of Congress that established the early beginnings of the history of the USDA ([United States Department of Agriculture](#)). This 150-year-old section of government laid the foundation for how our modern [agriculture](#) industry would advance in the realm of land cultivation, conservation, and economic development.



This is the USDA Food Guide Pyramid, it recommended a minimum of 6 servings of grains a day, please compare the pictures in the grains section below with 6 actual servings of grains below. William ate around 3 servings of grains a day when he lost his weight, (with additional alcohol) I ate 2.5 - 3 servings of grains a day when I first found Banting Balance in 2019. Last year, from November 15 - 30, I ate 6 servings of grains a day and lost 2.4 lbs / 0.6 inches (1.1kg / 1.5cm).



The True Banting Diet (V1.1)

Dr Harvey's 1872 Banting Diet Explained (Please read from [historical perspective](#) only)

Breakfast.—Four to six ounces of meat, two ounces of biscuit or toast, and a large cup of tea, but without milk or sugar. Dinner.—Ten to twelve ounces of any fish, except salmon—any vegetable, except potatoes and vegetable roots—any kind of poultry or venison, and two ounces of toasted bread. With it drink two or three glasses of good red wine, sherry, or madeira, avoiding champagne, port, and beer.

In the afternoon four to six ounces of fruit, one or two biscuits, and again a large cup of tea without milk or sugar. Supper.—Six to eight ounces of meat or fish, and one or two glasses of red wine. In order to ensure a good night's rest, often, before going to bed, drink a glass of grog without sugar, or else one or two glasses of sherry or red wine. If the bread or biscuit is too dry, moisten it with a spoonful of brandy.

Such was the diet advisedly adopted in Mr. Banting's case, which of course must be modified as circumstances require in others.

As to what is unnecessary, that of course is different in different cases. In the diet I usually forbid or place great restrictions on all saccharine and fatty matters, pastry, &c. 1. Because I know that most people eat too much of them; 2. Because they are the chief elements of what is called respiratory food, and thereby load the pulmonary machinery; 3. Because there is quite sufficient of these in lean meat as ordinarily eaten, in edible vegetables before indicated, and in other substances; and better calculated for attaining the object in view. Lastly, because any excess of these matters tends to *load the liver*, which it is in all cases most desirable to keep freely in action.

This is more of page 109-110 of Dr Harvey's 1872 book that Gary mentioned to support his "Modified" comment in Good Calories, Bad Calories, I think "[Proportioned](#)" Banting Diet is more accurate.

Dr Harvey [doubled](#) the meat and fish quantities in meals 2 and 4, compared to William's stated quantities in his 1869 edition, Dr Harvey also [doubled](#) the bread and biscuit quantities in meals 1 and 2, this diet is 5-6 servings of grains a day, (if the biscuit is a grain like the rusks in William's actual diet).

Dr Harvey also [doubled](#) the quantity of fruit compared to William's 80% carbohydrate meal 3 afternoon tea.

Personally, I think these increased quantities from Dr Harvey are pretty easily explained by this simple sentence William wrote in his fourth edition.

"I apprehend that people of larger frame and build may require a [proportionately](#) larger quantity of [the prescribed diet](#), but they must be guided by their own judgment in the application of the principles laid down." William Banting, 1869.

William Banting was only 5 foot 5 inches tall (165cm), around 11 stone, 154 lbs (70kg) in 1869, and retired, so

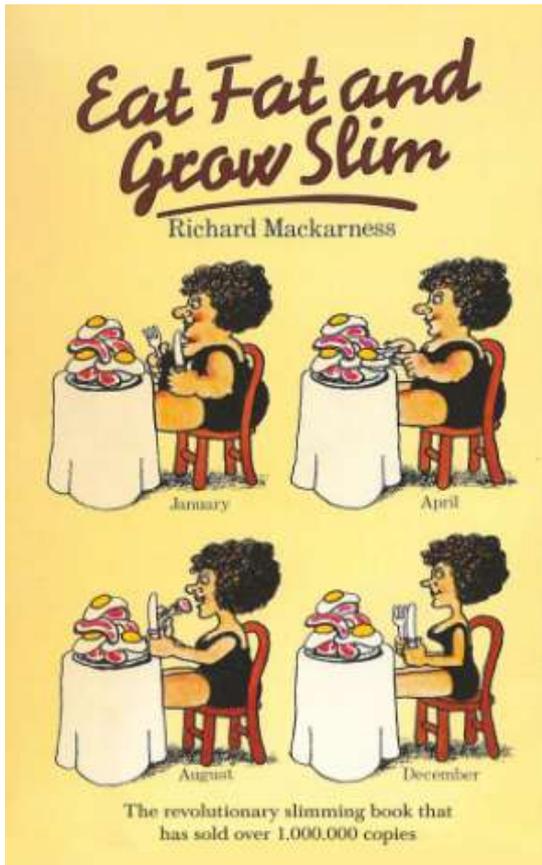
William was very short, he was very light and he was no longer working, view these quantities with that and his "proportionately larger quantity of the prescribed diet" comment in mind.

I don't think this can be used as any form of evidence proving William Banting's original diet was a diet high in fat, (firstly, this was 1872, 10 years after William started his diet) if anything, this page only strengthens my low fat diet evidence, I've already referred to it in my Dr Harvey comments section, number 3, regarding Dr Harvey forbidding or placing great restrictions on all saccharine and fatty matters, he says, "Because there is quite sufficient of these in [lean meat](#) as ordinarily eaten."

All these super detailed points, most of them are removed when focus shifts to weight loss speed and finding Banting Balance, the quantities will work themselves out depending on what your body is telling you, when I've talked to people in my car, sometimes a person will say, "but everybody's different," and I agree, but, an older 1970 sedan, a 2005 SUV and a 2015 mini, if they're all driving between 35 - 45 mph or 60 - 70 km/hr, they're all driving inside that same range, what's different is each car's fuel economy (daily Calories used), and that's ok, that's the beauty of Banting Balance.

The True Banting Diet (V1.1)

Understanding The Incorrect 2,800 Calorie A Day Banting Diet



Eat Fat and Grow Slim, first written in 1958 by psychiatrist Richard Mackarness is the earliest published book I've come across that mentions William Banting eating a 2,800 Calorie a day weight loss diet.

Here's a quote from Gary Taubes' Good Calories, Bad Calories book, (The Diet Delusion) Gary lists a number of "remarkably best-selling diet books" in this passage that followed "the message of Banting", starting with Eat Fat and Grow Slim (1958).

But a large number of people have turned to the message of Banting and one remarkably best-selling diet book³¹ after another: Eat Fat and Grow Slim (1958)

Gary Taubes
The Diet Delusion

#kindlequotes

Before I continue, just on this 12 month book cover illustration, this woman appears to have lost her excess weight at a much faster speed than Banting Balance. The food itself, no liquid component with the meal, it's just so inaccurate. Here's two quotes from Eat Fat and Grow Slim.

"Niemeyer explained Banting's diet as follows: Protein foods are not converted to body fat, but the "respiratory foods", fat and carbohydrate, are. He interpreted meat as lean meat and described the diet in terms which today would mean that it was a high-protein, low-calorie diet with fat and carbohydrate both restricted."

"Of course the diet which actually slimmed Banting was not like that at all. It was a high-fat, high-protein, unrestricted calorie diet with only carbohydrate restricted."

I covered a crucial part of Dr Niemeyer's lecture on page 31 already, (this was the * Undertaker Cabinetmaker, Upholsterer and Decorator to the UK Royal Family lecture William had carefully translated into English from German) on page 31 of this document, Dr Niemeyer said in his lecture, Dr Harvey's "he forbade fat" comment, to which there was no * placed next to it by William that required any correcting, so Richard Mackarness is completely wrong there.

I don't know for sure, but Dr Harvey's "Proportioned" Banting Diet on the previous page may've been read by Richard Mackarness and that's how he came up with his ~~24 ounces a day~~ of meat that he incorrectly states William Banting ate. On top of that error, in the same comment in Eat Fat and Grow Slim, Richard Mackarness says that Dr Harvey makes "no mention of trimming off the fat", although Dr Harvey clearly states at the bottom of the page above, that this is "lean meat".

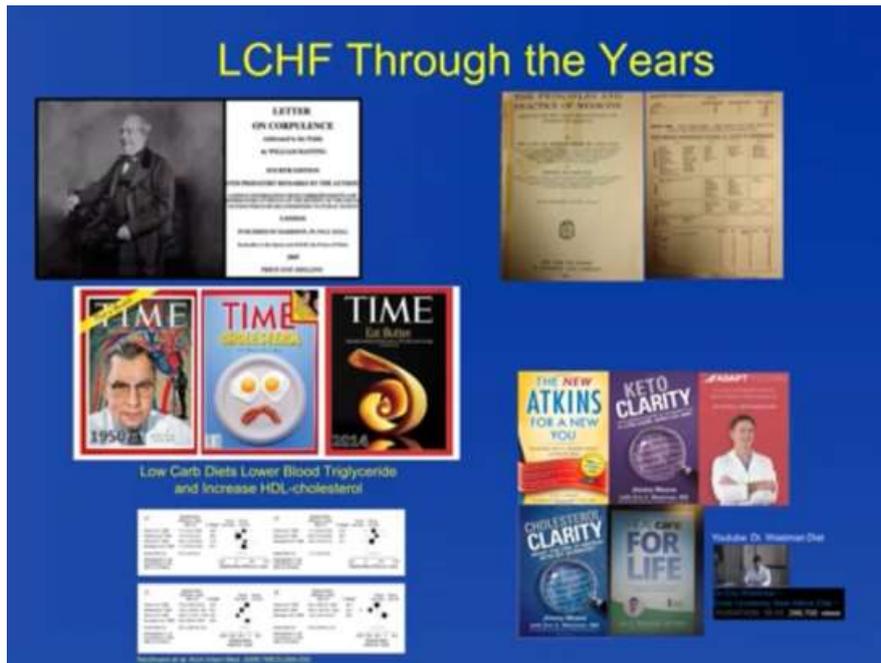
For anyone to say that William Banting's letter could lead to Eat Fat and Grow Slim, is misleading.

The True Banting Diet (V1.1)

Concluding Part 1

Here's another example of just how much influence Gary Taubes book, Good Calories, Bad Calories, (The Diet Delusion) which lead to Tim Noakes incorrect William Banting low carb high fat diet history taking off had, the lead author of New Atkins for a New You, Dr Eric Westman, veered away from the high fat diet history stated in the 2010 New Atkins diet book, it starts with European explorers, most notably Vilhjalmur Stefansson in the early 1900's, to now starting with William Banting's 1863 letter.

In a 2017 presentation, Dr Westman said this, "If you look at the Low Carb High Fat diet through the years, William Banting, on the upper left, in 1863, in London, the term Banting is now used in South Africa where there's a low carb craze resurrected by Tim Noakes there."



Dr Westman spoke in the year 2000 at the USDA Great Nutrition Debate, revealing the science behind Dr Atkins high fat diet, one other noticeable comparison in history is Dr Westman's clinic is at Duke University, it's hard to not think of Dr Joshua Duke, in his 1884 Preface comment from Banting In India, one big difference between Dr Westman's and Dr Ebstein's high fat diets' is Dr Westman's complete avoidance of grain foods, bread, rice, pasta etc, where Dr Ebstein still permitted bread. Dr Westman in 2017 also said, "All that matters is the carbs in the low carb diet, the science says so."

Our increased knowledge on this subject, especially since Professor Ebstein has shown the fallacy of the old idea that fat and butter produce fat ; now render, I believe, the adoption of these diets quite harmless, while they allow of a far greater variety in the choice of food.

J. D.
SRINAGAR, KASHMIR, INDIA ;
October 1st, 1884.

Please understand I'm not at all trying to knock Dr Westman's work, I've learned a lot from him too, let's just run with the right history.

The True Banting Diet (v1.1)

Once And Forever Weight Loss

(Part 2 of 2)

The Wright Brothers of Sustainable Weight Loss



This is a photo of “The Wright Flyer” seconds after taking off on the first sustained airplane flight, on December 17, 1903. Orville Wright was flying the plane, with brother Wilbur watching on, the pioneers of aviation.

William Banting and Dr Harvey are the true pioneers of sustainable weight loss. With the Banting system, William sustained his weight loss for the rest of his life. In the photo above, William Banting is Orville Wright, getting “The Banting Movement” off the ground, giving his letter away in 1863, his “respected medical adviser” Dr Harvey watching on, like Wilbur Wright is, maybe not as closely.

In US Obesity researcher Dr George A. Bray’s 1993 Classics in Obesity series, about William Banting, at the start of it, Dr Bray included a 1902 passage of writing from a Mr Barrister, this was part of it.

Although well nye 40 years have rolled by since Mr. Banting published his modest on ‘Letter of Corpulence, Addressed to the Public’, he still remains the undisputed pioneer of all modern crusades against corpulence and the term Banting-System has even become part and parcel of the various languages into which the famous pamphlet of 1863 was promptly translated” (9). The recognition of the name “Banting”, in relation to obesity, has dimmed in the 20th century, but the importance of this first diet book remains.

100 years later (5.3.2002) was a quiet turning point in True Banting history, and now in 2022 it’s time for Banting to take flight again, a forever flight.

I had a few flying lessons in my early 20’s, one thing I remember about them was the focus on checklists, simple checklists.

A clear goal is pretty important too.

Once And Forever Weight Loss

Across 2020 and 2021 I completed a certified food coaching course, focused on simple weight loss, I had 27 assignments to complete, while researching one of them I came across a Harvard Health online article that mentioned an alternative health marker to the traditional BMI reading.

Based on Waist and Height, you simply want your waistline measurement around your belly button to be less than half your height. When I first read it, I thought, that is brilliant, it’s so simple, and so effective in today’s world where increasing lean muscle mass can result in a misleading BMI reading.

I understand now how BMI still plays an important role for many, kind of like Banting and Calories could do in the future, working together (maybe even at different stages) to assist others.

The True Banting Diet (V1.1)

I'm 6 foot tall (72 inches / 183cm) so my goal is to keep my waistline less than 36 inches / 91.5cm, it's a completely objective health marker, nothing to do with body image.

Too much belly fat, even for people with a healthy BMI, raises heart risks

By American Heart Association News

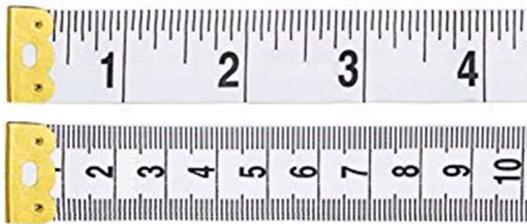
Remember this AHA headline from my first page, it's not 'belly fat' that's a heart health problem, it's 'too much belly fat'.

When I refer to Once And Forever Weight Loss, that's what I'm referring to, keeping my belly button waistline measurement less than half my height, forever.

Some doctors who I've read more about waist to height from, they refer to it as Waist to Height Ratio, that you want a ratio between .4 and .5

Personally, I think Waist to Height Percentage is a simpler way to explain and understand it, you want your Waist to Height % to be between 40 and 50%.

My height is 72 inches / 183cm and my current waistline is 33.25 inches / 84.5cm, the calculation is:



Inches: 33.25 divided by 72 x 100 = 46.2%

All you need is a \$2 tape measure and a consistent measuring time and technique.

Centimetres: 84.5 divided by 183 x 100 = 46.2%

Weight and Waistline Measurements

I did a 40 week food experiment in 2020, during coronavirus, it went from March to Christmas day. It was only after my Turning Point 12 Months that I noticed the passage of writing under William's weight loss timeline, where he mentions the number of inches his waistline was reduced by in his Turning Point 12 months, 12 ¼ inches (31cm). I found measuring both my weight and waistline so simple and effective, I've had DEXA scans too, they're great, but a tape measure is all you need to track your Waist to Height %.

	12th August	„	157	71.2	2	12	3 lb	1.4 kg
26 th Aug	26th	„	156	70.8	1			
	12th September	„	156	70.8	0			
	<u>Total loss of weight.. ..</u>				<u>46 lbs.</u>	<u>46 lb</u>	<u>21 kg</u>	

My girth is reduced round the waist, in tailor 31cm
phraseology, 12¼ inches, which extent was hardly
conceivable even by my own friends, or my
respected medical adviser, until I put on my

BMI and/or Waist to Height %, Banting Balance and/or Calorie Counting, Weight and/or Waistline, on their own they can work, but in combination they can often work better, and only increase your chances for once and forever weight loss. For example, I didn't count any Calories to lose the 33 lbs (15kg) in my Turning Point 12 Months, but as I've gone further along, they're now important to me.

The True Banting Diet (V1.1)

Before I move on from this weight / height / waistline section, I want to show you something else I learned from William's timeline that could help you see your belly fat a new way, based on height.

See how William lost 46 lbs and 12 ¼ inches from his waistline during his Turning Point 12 Months, in the metric system that's 21kg and 31cm, I'm in Australia so William's page only made sense to me initially after doing the lb/kg conversions. I've learned more about the imperial system in the past few years, using google search and watching US television, listening to everyday language mostly.

Here's what first came to mind, I saw William lost 21kg and 31cm, I thought, let's make it simpler and just say he lost 20kg and 30cm, from there it was pretty easy, for every 1kg (2.2 lbs) William lost, that's about a 1.5cm (0.6 inch) waistline reduction, William was only 5 foot 5 inches (165cm) tall, so 46 lbs (21kg) or 20kg excess weight on his body created a lot more discomfort for him than the same amount of excess weight spread across a taller person. (I know this isn't exact, but it's a good guide)



This is a screenshot from an Instagram post back in October 2020, 10/10/2020. (Easy date to display)

This next stage of my food experiment was to see if I could reduce my excess weight by a further 5 kg (11 lbs) by diet alone, and a 20 minute brisk walk 2 to 4 times a week. I'd already lost the first 15kg (33 lbs) during my Turning Point 12 Months, 101s - 86s kg, (223 - 190 lbs).

I hadn't done any strength training or exercise since starting my experiment a little over four months earlier, my body was now in the 86kgs (191 lbs), any lean muscle gain from strength training were gone, and I was almost the same weight as after my Turning Point 12 Months.

The early stages of my food experiment were to see what would happen to my body after making some simple dietary changes, like replacing protein/milk/water twice daily drinks at lunch and dinner with same number Calories from sugar flavoured milk at lunch and dinner.

See next to 29/7 in image, 86.6kg / 90.5cm (35.6 inches), half my height is 91.5cm, (36 inches) I was just under the 50% Waist to Height health target, (49.5%)

During Stage 4 is when I think I got back to my base muscle weight without training

This little note to the left I wrote in mid May 2020.

17 days, it's one long note in my iPhone, hasn't been touched since Dec 27, 2020. I plan on keeping it that way so it won't look like I've changed anything, I'd like to start a podcast, The Once And Forever Weight Loss Podcast, I can go into way more detail about my 2020 food experiment there.

There were 23 Stages of my food experiment, starting out at 15 days each stage, then they varied from 7 to

See the very bottom line of my Instagram image above, Reductions: 5kg (11 lbs) weight loss was a 5cm (2 inch) waistline reduction. I lost that 5kg (11 lbs) in just over 10 weeks, now see the top section of the post, "applying my carbs included, saturated fat reduced 4 meals a day True Banting diet, including only a 20min (estimate) walk 2 to 4 times a week."

I think that's a good example of Banting Balance weight loss speed, 11 lbs (5kg) in 10 ½ weeks, about 1 lb (0.5kg) a week, I think it's also a good example of a modernised version of The Banting System.

The True Banting Diet (V1.1)

Waistline to Height Context

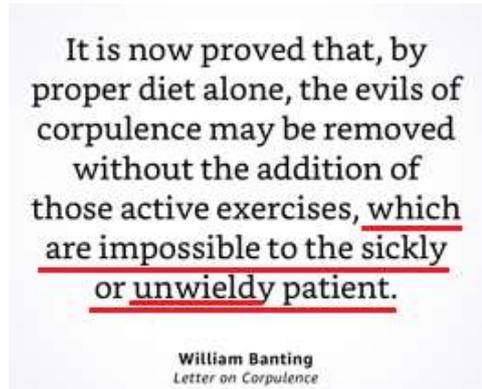


See that bottom third section of my Instagram post, I'm pretty sure it was only when I was typing up these summary notes after completing this stage of my food experiment that I realised for the first time that the 5kg (11 lbs) I'd lost were a 5cm (2 inch) waistline reduction.

Being 6 foot tall (183cm) and reducing my waistline by 1cm (0.4 inch) for every 1kg (2.2 lbs) I lost, and seeing that in context alongside William's 5 foot 5 inch (165cm) height and his 1.5cm (0.6 inch) waistline reduction for every 1kg (2.2 lbs) he lost has helped me see both losing and increasing excess weight in a completely new way, depending on the height of a person.

Taking that one step further now, I've had quite a few conversations in my car with shorter people who've told me that just 1 - 2kg (2.2 - 4.4 lbs) excess weight gain shows up so fast on their waistline. One woman in her 20s or 30s I was telling this William and my weight / waistline observation too, told me she was just under 5 foot tall (4 foot 11 inches) and that any excess weight gain would show so quickly on her waistline.

Going by William's and my calculations, 1kg (2.2 lbs) excess weight gain for a person around 5 foot (152cm) tall might be closer to a 2cm (0.8 inch) waistline increase, this is obviously just an estimate, and people store excess weight in different parts of their bodies, but I think it's worth exploring more if you're a person who excess weight gain results in increased belly fat on your body.



I'd never heard the word 'unwieldy' before reading the fourth edition of William's letter, the one published nearly 7 years after first starting his new weight loss dietary system on August 26th, 1862. (His fourth edition was released in May 1869).

I've watched a lot of air crash investigation shows, I like seeing how the investigators do their jobs.

In this Mayday Air Disaster episode, (youtube search 'mayday miracle on the hudson') 14 minutes, 30 seconds in, the narrator of the episode says, "This unwieldy boat won't be floating much longer", referring obviously to the US Airways plane that crashed into the Hudson River in New York, in 2009.

The True Banting Diet (V1.1)

I've said/shown William's 'unwieldy' comment to a few people, but I never had a visual image that could clearly demonstrate what 'unwieldy' meant in a simple way, think of it as meaning "broken".

"It is now proved that, by proper diet alone, the evils of corpulence may be removed without the addition of those active exercises, which are impossible to the sickly or broken patient."

**10 YEARS
LATER**
↓
Dear Sir
Yours faithfully
William Banting
I continue in good bodily and mental health, am in my 76th year - have lost 50 lbs in weight - 13 inches in girth and maintain my normal condition - Few men of my age more active - I cannot expect this will last much longer.

This next section I'm about to write is not in any way downplaying or discouraging the importance of exercise, firstly, my program is called Improvement After Movement, exercise is so important for good health, but that message is about more than just physical movement. And secondly, as you can see here in William Banting's little note to James

the American, which proved his weight loss was once and forever, see the red underlined comment, "Few men of my age more active."

William wrote that message when he was 75, and he lived another 6 years, until the age of 81, I think his final comment says something about age length back in those days.

In 1863, William used a ship metaphor in his letter, "When a corpulent man eats, drinks, and sleeps well, has no pain to complain of, and no particular organic disease, the judgment of able men seems paralyzed – for I have been generally informed that corpulence is one of the natural results of increasing years; indeed, one of the ablest authorities as a physician in the land told me he had gained 1 lb. in weight every year since he attained manhood, and was not surprised at my condition, but advised more bodily exercise – vapor-baths [steam baths] and shampooing [no idea on this one], in addition to the medicine given. Yet the evil still increased, and, like the parasite of barnacles on a ship, if it did not destroy the structure, it obstructed its fair, comfortable progress in the path of life."

William continued, "I have been in dock, [Doctor or Hospital visits] perhaps twenty times in as many years, for the reduction of this disease, and with little good effect – none lasting. Any one so afflicted is often subject to public remark, and though in conscience he may care little about it, I am confident no man [or woman] laboring under obesity can be quite insensible to the sneers and remarks of the cruel and injudicious in public assemblies, public vehicles, or the ordinary street traffic..."

When William refers to the 'evil' or 'evils', he's referring to not being able to bend over to tie his own shoelaces, he's referring to having to walk downstairs backwards to avoid jarring on his knees and ankle joints, here's two more fuller comments from William in his 1869 fourth edition.

Some writers have assumed that I had no great grievance in my corpulent state. Are failing sight and hearing, an umbilical rupture requiring a truss, bandages for weak knees and ankles, not serious grievances? Those only who have suffered from corpulence can adequately understand its miseries or appreciate the merits of a system so admirably adapted to its relief.

William Banting
Letter on Corpulence

My earnest, and indeed my only desire throughout has been to ventilate this question in the interest of humanity, and to ascertain not only the advantages of the system now called "Banting," but also any possible mischief in its application, and I am bound to say, that I have not met with any case where harm has ensued from its practice under medical authority and supervision.

William Banting
Letter on Corpulence

William's weight increased over 30 years, the final 20 would've been more difficult than the first 10.

The True Banting Diet (v1.1)

My Story, My History.

It's time to play big now and share more about myself, if I could complete this project without talking about myself, believe me I would. William Banting's excess weight problems started for him in his 30's, we differ a lot there, mine started when I was a kid, I can still remember being in grade 3 (7 years old) and our school class was going for swimming lessons, where I grew up in Australia, on the Gold Coast, in Queensland, (it's about an hour's drive south of Brisbane) swimming classes and school swimming carnivals are at the start of the school year, in February and March.

In my grade 3 class we had to take our shirts off and leave them in the classroom, I can still remember walking from our classroom to the bus, probably every kid with their towel wrapped around their waist, but not me, I would have mine wrapped around the back of my neck and down the front of my body, because I didn't want anyone to see the rolls of fat that had formed on it over the summer months.

Looking back years later, I realised I had a yearly cycle I'd go through with my body when I was a kid. I grew up playing football, (rugby league) I used to love it, I was pretty good at it, I was captain of my primary school team in grades 5, 6 and 7. In grades 5 and 6 we won our interschool rugby league competition both years. But once the rugby league season finished for both school and club, I would start putting weight on, and then over the summer school holidays, each year our family used to go to an island resort off Brisbane called Tangalooma, for 3 weeks, I would put more weight on while we were away, my body could just put on excess weight really easily, ice creams, pies, soft drink etc.

Then I'd start back playing sport at the start of the school year and would progressively lose a lot of my excess weight, then I'd stop playing sport and the cycle would repeat again. I can still remember starting back at school football training in grade 7 and one of our coaches (a parent) was looking for me, he said, "Where's Marc?" I said, "I'm here", he looked over and said something like, "Geez sorry Marc, I didn't recognise you." I must've put on a fair bit of weight in January and February.



This is me in grade 9 of high school, I clearly wasn't too happy, I couldn't smile for the camera. Class photos used to be taken around the middle of the year so this was probably midway through the football season, I'm probably lighter in this photo than a few months earlier.

I'd had the nickname 'Fatty' at the club football team I played with for a few years by this point, I got that nickname during my grade 7 year, (under 12's I think) inspired by a well-known rugby league player and TV host who had the nickname Fatty.

This grade 9 year was a pretty difficult year, grades 8, 9 and 10 weren't great years for me, there were a few variations of the nickname 'Fatty' that could sting a bit.

I'm not pointing blame at anyone, honestly I'm not, this was simply something I had to go through, I've said to quite a few people now about these years, and I always start by saying that this was just my own experience, that "I was my biggest bully."

During this grade 9 year I really wanted the name calling to stop, I'd already started eating better and exercising more, and I continued doing it after the football season finished, but I would still binge on junk food 1-3 times a week, I simply had no control over it, and that's when, during my grade 10 year I started making myself sick after most binges.

The True Banting Diet (v1.1)

It was pretty much just that grade 10 year at high school when I would make myself sick on a weekly basis, I think of my body now like yearly car models, each year is a different model, my 1996 model (Grade 10 high school) it had a few additional problems with it, the result of previous years.

March 2020 Food Experiment 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030

What I know now about The Banting System, William's structured four meals a day dietary system, as well as the optional 5th night snack, (65 year old William called it a nightcap 160 years ago) is, if I had of learned it as a kid growing up, I don't think I would've experienced that year of throwing up, or probably even the years preceding that grade 10 year, starting back in grade 3 of primary school.

There's so much family history that goes into my history, (like just about everyone, if not everyone) I saw a family DVD from those early years at Tangalooma, I would've been 5 or 6 years old I'd say, there was a pool just outside the unit we'd stay in most years, anyway, the DVD shows Dad walking to the pool and diving in, then the person doing the video recording zoomed in on me, (I think it was my Pop, Dad's Dad) I was crouching down, knees bent at the edge of the pool, and after seeing Dad dive in, I pretty much just copied his diving technique.

I think I've already said this, but Dad struggled terribly with his eating and drinking habits throughout his life, it's such a shame that The Banting System was forgotten about for so many years, I really think it would've helped him.

My grade 11 and 12 years at high school were great, I started playing up a grade with the year 12 boys in football, (I didn't go to one of the top rugby league schools on the Gold Coast) we played in a second tier competition, but my confidence really grew from playing up with the grade 12 boys. I have a great memory from that year I still think about from time to time, it was the last game of the season for our school team, and we were playing the team who were the best in the competition.

We were coming second but we'd lost a few games throughout the year, anyway, we were expected to get hammered, some of our supporters didn't even go to the game because they thought we were going to get smashed. We won the game 14 - 6, and I was lucky enough to score all our team's points, Mum and Dad were sitting amongst the parents from the other school, and after I scored my second try (touch down) and kicked the goal that put us ahead 14 - 6, one of the other parents said, "He makes their tackles, he scores their tries and he kicks their goals, who is this kid?" Dad goes, "That's my boy." (Saying this without mentioning our team, captain, coach and supporters isn't right)

Mum and Dad told me that story in the car ride home, I'll never forget it.

During my grade 12 year I received a letter in the mail from the local professional rugby league team to join their under 18 development academy, I was super excited about it because that's what I wanted to be, a professional rugby league player, but at the end of that 1998 year, (age 17) my body fell apart, I could hardly roll over in bed without a sharp pain shooting up my back, I remember feeling that same pain one day in my car when all I did was simply pull the handbrake up.

After 6 months of being treated by multiple forms of physical therapy, I was lucky to get connected with a great chiropractor who got me moving again, never to the same level of confidence I had in my body prior to it breaking down, but enough to get me back moving free of pain again, and playing football again. When I was 19 (Year 2000) I flew down to Sydney and played in two trial games, I played pretty good in the second one and was invited to play the under 20's year for that team, about half of our games in the 2001 season were played before the main NRL games.

The True Banting Diet (V1.1)

It was a disappointing year, my body was busted, I was seeing a chiropractor and/or physio every week, I returned back home to the Gold Coast and fell into the mortgage industry with one of the two biggest non-bank lenders in Australia at the time.



I really applied myself because it was a commission only position, and very much a sink or swim environment, I learned to swim, and bought my first home 10 months later, I was also very lucky with the timing too.

It was in those first 10 months with Wizard, (6 months in) that Dad had his heart attack and died, (5.3.2002) the only reason I have this photo is because of Dad.

See the red arrow next to the old computer, (the computer shows the age of this photo) that red arrow is pointing at plastic mats that go under office chairs, my Dad was a carpet cleaner, and he cleaned the carpets in the office that morning, it was a Saturday morning.

I carried a lot of guilt after Dad died, he could be pretty hard on me growing up, (and I could be pretty hard on him too) I remember having the thought one time not long before he passed away, probably within 2-3 weeks of that night, "I wish you weren't here." (Be careful what you wish for. To be clear about this, it wasn't like a birthday wish, it was a fleeting thought that just happened).

Dad died in the early hours of a Tuesday morning, just after midnight, the weekend before he died I bought a new car, a second hand new car, Dad had a mate that had a dealer's licence and he picked it up at a good price from the car auctions in Brisbane, I think it was the Friday night that Mum, Dad and myself went up to Brisbane to get it, the three of us went for one test drive in the car before I drove back home by myself, that was the only time Dad ever went for a drive in my car.

On the Monday afternoon before his heart attack that night, I was in my car outside when he walked by and said something to me, I can't remember what he said, but I do remember thinking to myself, that was a really good piece of advice.

All I knew after Dad died was that I wanted to make it mean something, make it matter.

In 2005 I wrote an ebook called How To Beat Bulimia, what you're seeing today started because I left the mortgage industry in 2005 and wrote an eating disorder ebook, I had no idea how my life would change from writing that ebook (not really for the better) based around my time as a 15 year old.

I was sick from time to time after that grade 10 year, but nothing like those 12 months, from what I've learned since, being sick 1-3 times a week is a mild form of bulimia, in 2005 I listened to a book called Loving What Is, I love listening to audiobooks, this book is great, I've listened to it heaps of times, it's a bestselling book in America, written by a woman called Byron Katie.

Everyone calls her Katie, Katie teaches a little 4 question process called The Work, four questions and a 5th part called The Turnaround, it's an incredible little process for dealing with stressful thoughts, I attended one of Katie's 9 day schools for The Work in Los Angeles in 2005, these were 9 really important days in my life.

Since completing those 9 days, I think I could count on one hand, (two at the most) how many times I've been sick, some people might be sceptical about that, and if you are, can I suggest you check out Katie's book, Loving What Is.

The True Banting Diet (V1.1)

For years now, an early audiobook version of Loving What Is has been on YouTube, anyone can listen to it, I've embedded a copy of it in the Mindset Health section of Improvement After Movement, google improvement after movement to check it out. (or buy a hard copy or download from Audible)

IMPORTANT NOTE: Before I start this little section about 'Shouldsheets', I want to first say that what I'm about to explain in no way replaces the need or importance of seeing a qualified mental health expert, I think there's a big difference between mental health and mental illness, but I find today, when most people hear the words, mental health, their mind tends to go to mental illness.

150 years ago, William Banting mentions the words "mental health" in his letter, see his green underlined comment below.

10 YEARS
LATER
↓

Dear Sir
Yours faithfully
William Banting

I continue in good bodily and mental health, am in my 76th year - have lost 50 lbs in weight - 13 inches in girth and maintain my normal condition - Few men of my age more active - I cannot expect this will last much longer.

I'm now calling this section of Improvement After Movement, 'Mindset Health'.

Back to 'Shouldsheets', I use just one of Katie's worksheets now, maybe once or twice a month I'll complete one, I made up a little name for the worksheet that I like using, I call it a Shouldsheet. I bought the domain name shouldsheet.com and forwarded it straight to that one worksheet I like using, if you want to go straight to it without going to improvement after movement and finding it, simply go to shouldsheet.com

Do a Shouldsheet...

You know how we all have shoulds in our life? There's big shoulds and little shoulds, examples are: 'I should've done ...' or, 'You should've done ...' or, 'He/She shouldn't have ...' or, '... shouldn't have (or should've) happened.' There's an unlimited number of examples.

My understanding of The Work is it's about being at peace with situations that've caused you stress, anger, disappointment, frustration, anxiety, confusion, sadness etc.



One-Belief-at-a-Time Worksheet

The Work — A Written Meditation

On the "Belief" line below, write down a stressful belief. It is a stressful belief about someone (alive or dead) whom you allow yourself to mentally revisit the specific situation. Through questions and turnarounds. When answering the questions

Belief: _____

Whenever a stressful type of thought continues to play on/in my mind, or I experience a stressful type of situation, that's a sign for me to do a shouldsheet.

Where it's got the word Belief on this worksheet here, that's where I write down the 'should', or first find the 'should' in the stressful experience, and then I go through Katie's four questions and the turnaround process and see where I end up, for me, it's always in a better place than before, but you have to open yourself up to it.

The True Banting Diet (V1.1)

When you do a shouldsheet, it's just you and the piece of paper you're writing on, no one else sees it, unless you want someone to, all mine are ripped up and thrown in the bin. It was years before I started using Katie's worksheet, I used to just go through them in my mind, I think that's better than nothing, but having done both ways now, I've found the pen and paper approach far more freeing.

I've been out drinking maybe 5 times in the past 4 or 5 years I'd say, and earlier this year, I'd had so much on my mind, if you've read Part 1 of this document, when I first started on this Banting path I thought I was only going to talk about William, Dad and myself, I had no idea what I would find.

Anyway, earlier this year, I needed a break from everything, I went out by myself one Sunday night, and I got wasted, I very rarely drink alcohol anymore, I've tried drinking a glass of red wine or gin and whatever during the week when I've been playing around with The Banting System, but I don't enjoy it, and because I don't drink much, it only takes 1 or 2 drinks for it to go straight to my head.

That night in early April ended with me peeing on my bedroom floor, that's how messed up I got, that's never happened before in my life, and I've had nights where I've drunk so much more alcohol than I did that night.

I didn't even know that I'd peed on my bedroom floor until a week later when I could smell it, until then I thought I might've walked through a sprinkler or spilled drink on my clothes.



I was in such a bad state the next day, the thoughts that went through my mind were things like, "I don't think I want to be here anymore", I had some really dark thoughts, I walked out the back and laid down on an outdoor 'waist high' bench, my head rolled left and my eyes landed on this steering wheel that's hung up, it's the steering wheel from our boat when I was a kid.

After Dad died, some things were sold, including our boat, I have so many great memories from it, when we'd go up to Tangalooma each summer holidays for 3 weeks, Dad would drive the boat up and Mum would take the 4 wheel drive up to Brisbane to catch the barge across to the island.

Whenever I see Dad's steering wheel from the boat, it always refocuses me on what I'm doing, and why I'm doing it. The day after that big night out was no different, I slowly started feeling a little better, I actually did a few shouldsheets that week, one in particular was just about going out that night. If you ever do one, or learn the process, I had more turnaround examples from that shouldsheet than I've had from any shouldsheet I've ever done.

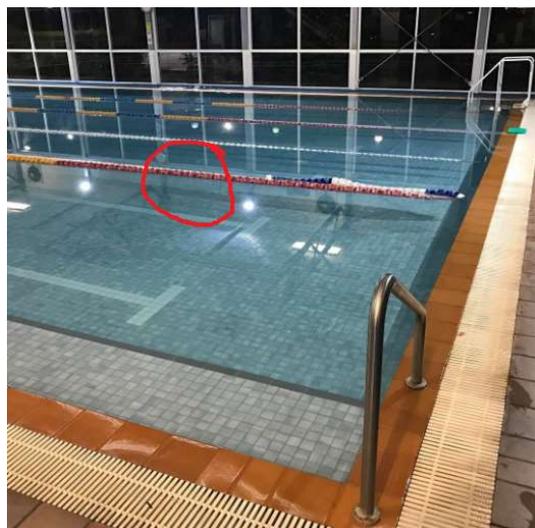
My should (belief) was so simple, "I shouldn't have gone out on Sunday night."

This resource I'm building, Improvement After Movement (I AM), it's a patient built program, and a patiently built program, in many ways, I'm no different to anyone else who may use it in the future, I've done things in my life that looking back at them, I think to myself, how did that even happen?

A big thing in recent years is cancel culture, one problem with cancel culture being applied in some cases is so many mistakes we make are innocent mistakes, and simply the result of the culture a

The True Banting Diet (v1.1)

person has found themselves in at that time in their life, they're just trying to fit in, but if you place that person in a different environment, in a different culture, they're a completely different person.



In 2006 the message Improvement After Movement came to mind, it was actually in this pool at what used to be called the Sports Super Centre, this is the indoor pool, I've spent a fair bit of time in it, doing rehab and swimming. One night in June 2006 (I think it was) I was relaxing after swimming some laps, I was laying face up in the pool with my legs over the lane ropes.

I attended a Tony Robbins event at the casino on the Gold Coast a month or so earlier, his one week event was called Date With Destiny, I heard him mention his CANI message, Constant And Never-ending Improvement, (not for the first time) this was when I was focused only on building my health program, when I heard Tony say CANI this time, I wrote this

note in my book, "What's a really simple message I can live by and teach other people to live by?"

About a month, maybe six weeks later, the message Improvement After Movement came to mind, some people think I made that message up from looking at I AM, it was the complete opposite, improvement after movement first came to mind, then I realised after, it spelt the acronym I AM.

I was a petrified public speaker growing up, but for some reason I wanted to learn it, and get good at it, I started a business in the second half of 2006 that forced me to public speak, and from 2007, I used to travel one week every four weeks to two different cities teaching my little business system to mortgage brokers mostly, the business started making some money, to the point where I was able to live in a great apartment over-looking the ocean for 12 months.

I brought on a business partner who lived in Melbourne, I wanted to move to a capital city, and I was born in Melbourne but didn't know much about it, so I moved down, the business partnership didn't last long, but it got me down to Melbourne which turned out to be a really important move for me, I was introduced to a physiotherapist from the AFL team my Dad was a massive supporter of, and in 2009, after talking with him about my right hip, how it broke down when I was 17, he picked up what the problem was and I had surgery in early 2010 to repair it.

Since the Improvement After Movement message came to mind in 2006, my focus has been on trying to move that message in a big way.



The True Banting Diet (v1.1)

I didn't ask for my body to break down when I was 17, or for my right hip injury to not be picked up for 10 years, and it wasn't just my right hip, I also injured my right foot when I was 17 too, when I was coming back from the right hip injury, my right foot problem still had nearly 3 more years to go before it would be correctly diagnosed.



In these years, I wanted to see if I could have one last go at playing rugby league professionally, I knew it was a longshot, but I also knew that I'd always regret it if I didn't, this photo was taken on Mother's Day in 2010, it was almost 12 weeks to the day that my right hip was operated on, and it was my first game of rugby league in over 5 years, it was a good first game, we beat the previous year's premiers by a point, 29-28.

Although I got through that first game, I was letting all my injuries reveal themselves, my body wasn't right, I had two more operations in 2010, (3 in total) I had 2 more in 2011, and 1 more in 2012, when my right foot injury was finally diagnosed correctly.

I'd had a ruptured ligament in my right foot for 13 years that was continually misdiagnosed as plantar fasciitis, my foot surgeon said this injury was rare and that it actually masks itself with plantar fasciitis symptoms (YouTube 'Marc Jarman 13 year foot injury' to see a 22 second video)

So all up, I had six operations on my body from 2010 - 2012, my Mum increased her mortgage on more than one occasion to help me get through my surgery years, my business was all about momentum, and with the continual start stop start stop of the operations, I couldn't keep doing it, repairing my body was like a full time job, I was very lucky to be able to go through this process, I wouldn't have been able to without the financial assistance from my Mum.

I moved back to the Gold Coast in 2015, with a mountain of debt. Although it's not all in my name, it's all my debt that I'm responsible for. Playing rugby league didn't work out, a few people told me it wouldn't, I don't regret doing it, to have my crippling injuries repaired, 11 and 13 years later, I don't know what price can be attached to that.

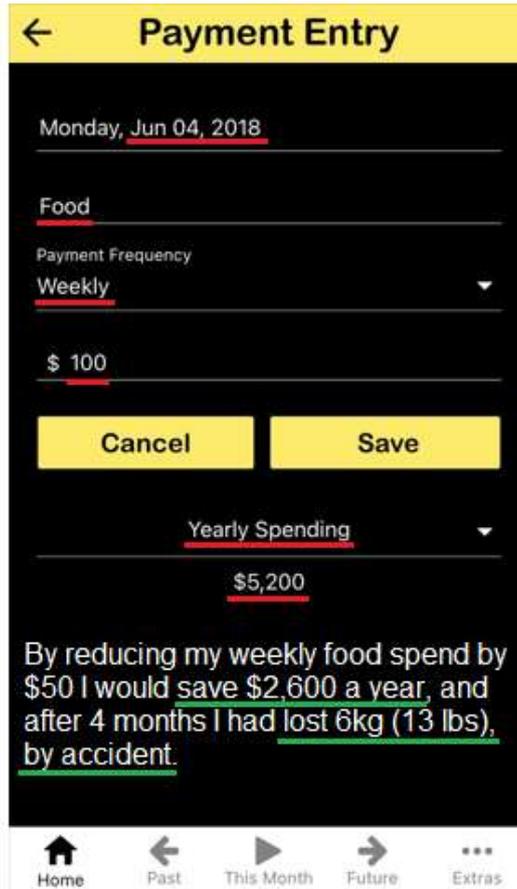
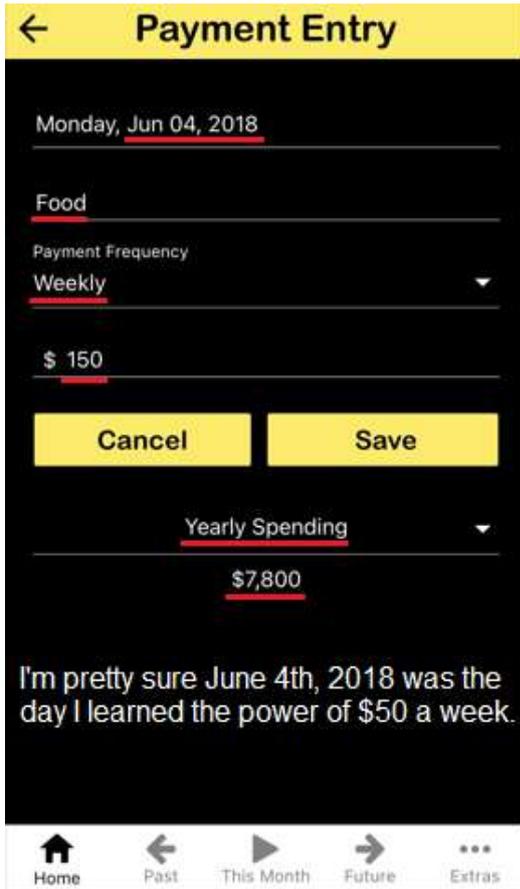
1. June to Sept 2018, Accidental Weight Loss, 6kg (13 lbs) in Four Months, Thanks to the Mortgage Industry, The Start of My Turning Point 12 Months.

I've lost count of the number of times I've planned to lose weight, taking before photos etc. obviously unsuccessfully, this time was different. Months later, I actually had to think back to remember if I'd had a photo taken of myself in June 2018 that I could use as a before photo, I did.

I started working back in the mortgage industry within a year or two of returning to the Gold Coast, and one day in 2018 I had an idea for an app that would help people manage their spending better, I had a stack of expenses and was always asking myself one of these questions, "What payments have I got coming out this week? next week? this month? next month?"

I found an app development team to work with and everything started coming together, this one screen on the next page changed my life, all because of the bottom section I had built into it later, I call this feature the 360 degree view, it shows you any of your expenses from multiple angles, a weekly payment shown as yearly, monthly, quarterly etc, here's how it applied to my food.

The True Banting Diet (V1.1)



Friday 16 Mar 2018	V8444 14/03 MCDONALDS LABRADOR SOUTHPORT 74564728074	MISCELLANEOUS DEBIT	- \$14.05
Thursday 15 Mar 2018	V8444 13/03 HUNGRY JACKS SOUTHPRT SOUTHPORT 74564728073	MISCELLANEOUS DEBIT	- \$17.05
Wednesday 14 Mar 2018	V8444 12/03 MCDONALDS LABRADOR SOUTHPORT 74564728072	MISCELLANEOUS DEBIT	- \$14.05
Tuesday 13 Mar 2018	V8444 11/03 HJ LABRADOR LABRADOR 74564728071	MISCELLANEOUS DEBIT	- \$18.20
Monday 12 Mar 2018	V8444 08/03 MCDONALDS LABRADOR SOUTHPORT 74564728068	MISCELLANEOUS DEBIT	- \$8.80
Friday 09 Mar 2018	V8444 08/03 HUNGRY JACKS NERANG NERANG 74564728067	MISCELLANEOUS DEBIT	- \$17.05

Have you ever thought of your belly like it's a bank account? In 2018 I started to, my waistline in the first half of 2018 was more of a wasteline.

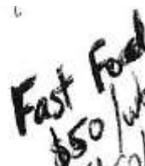
Looking back at my heaviest weigh ins, when I was a little over 101kg (222 lbs), I've asked myself that question, if my belly fat were a bank account, what would my bank balance have been?

This 'left' line of fast food transactions is from Friday, March 9, 2018, to Friday, March 16, that's a rare fast food effort for me, I might've been switching things up and ate healthy on Saturday and Sunday that week.

These numbers for McDonald's would be maybe a quarter pounder meal with a shake, or with Hungry Jack's (Burger King) a big burger meal and shake too.

There's definitely desserts in there too...

The point I'm trying to make is, there's nearly \$90 worth of junk food in those orders, I still eat fast food today, just mostly healthier orders.



The 6kg (13 lbs) I lost in the first 4 months of my Turning Point 12 Months was simply by reducing

The True Banting Diet (V1.1)

my junk food spending (junk food eating). In 2018 in Australia, McDonald's were marketing a \$3 burger called the McDouble, for the most part during the 4 months when I lost my first 6kg (13 lbs) I was living pretty much off \$100 a week, I still went to McDonald's, but when I did, I remember ordering just a \$3 McDouble and I'd eat it with a great tasting protein shake that I'd make, and it replaced the sugar and fat loaded thickshake I used to have, and I did away with the chips.

My financial situation was that I needed to reduce my expenses as much as possible just to stay on top of things, I was putting money into building my app and my expenses were really high, I didn't realise at the time that by simply reducing my junk food consumption only, on top of saving around \$50 a week (\$2,600 a year) I'd lose 6kg (13 lbs) excess weight, without any other lifestyle changes.



I think it's important to note that I'm not saying people shouldn't buy fast food, because as I've said already, I still do, I just make healthier options most of the time, and I still have desserts too, I had a thickshake and McFlurry last weekend. This \$50 a week Fast Food note, on a normal week for me back then might've been two junk food meals and some donuts with coffees I'd buy, easy \$50.

This document you're reading right now, it's not my first attempt at writing it, there's two other drafts that I started typing up, I've skimmed through both of them as I was trying to get my head back into that time period and saw this note in one of them, I've slightly amended it.

"There was a time in my life a few years ago when I would buy the same protein drink and protein bar from a service station nearly every day, around \$10 each day, \$70 a week on just one snack, (that's \$3,640 a year)." I'd completely forgotten I used to do this, lot of money when money's tight.

Basically, from a 10 second payment entry, (like the food entry on the previous page) you will know when every payment is due for the next 12 months, (on going) from weekly to yearly payments, and there's much more than this. It's a free download, google improvement after movement to try it out.



Date	Name	Amount
5th	Food	\$100
12th	Food	\$100
14th	Car Registration	\$650
15th	Netflix	\$11
18th	Phone	\$75
19th	Food	\$100
22nd	Gym	\$80
26th	Food	\$100
Total		\$1,216

The True Banting Diet (v1.1)

The Problem



I took this photo on December 28, 2018, that's my shadow in 'Fitness'.

I used to drive past this sign a lot, (it's not there anymore) I think it's a good example of part of the problem today for anyone trying to lose excess weight, at least 'once and forever weight loss', our focus first usually goes to exercising more, it did for me. It was for William Banting too, and for a lot of people I've talked to in my car, after I mention weight loss, It's... "I've gotta get back in the gym." (I'm not in any way having a crack at the Fitness First business either, this could mean, first in fitness)

The first advice William Banting received from a doctor friend in his 30's when he first started putting weight on was to exercise more, William lived near the River Thames in London, and got hold of a rowboat, he started rowing a couple of hours each morning, what happened was he increased strength, (muscle weight) but he also increased belly fat too, his doctor friend then told him to stop.

William's waistline increased because the couple of hours he was rowing each morning also increased his appetite, and he simply ate and drank more of the foods he was already eating and drinking that were responsible for his weight gain in the first place, remember this outline of his previous diet from page 12 in my document, William starts with,

"My former dietary table was...

Meal 1 - Breakfast: bread and milk, or a pint of tea with plenty of milk and sugar, and buttered toast;

Meal 2 - Dinner: meat, beer, much bread (of which I was always very fond) and pastry,

Meal 3 - Tea: similar to that of breakfast,

Meal 4 - Supper: generally a fruit tart or bread and milk."

I've experienced the same thing, on more than one occasion, this is a screenshot below from my spending app (Your Spending) I've built additional screens into the app, relating to my health work. This is one of them, it's where you can record your weight and your waistline, and soon, Custom Search any date range to track your history, recording your measurements in your preferred units.

This screen is still being worked on so it's not fully functional yet, but when it is, I think it'll be pretty good, what this screen tells me is that from January through May 2021, I increased my weight by 4kg

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(8.8 lbs), but my waistline by only 2cm, (0.8 inches) so from the training I did, I increased about 2kg (4.4 lbs) lean muscle and 2kg (4.4 lbs) fat weight, because I didn't have energy balance. The plan is to have the order display reversed so the 'From' date will display first, scrolling down to the 'To' date.

(Currently when you add weight/waistline entries, they just keep loading down the screen, but with the Custom Search, that display needs to be reversed. The pages of drawings and edits for this app...)

← Weight / Waistline ⊕			
Date	Weight	Waistline	
Sa 05/01/21	195.4lb	35.4"	🗑️
We 04/28/21	192.7lb	35.0"	🗑️
Su 04/18/21		34.6"	🗑️
Mo 01/18/21	189.2lb	34.6"	🗑️
Fr 01/15/21	189.2lb	34.6"	🗑️
Th 01/07/21	186.5lb	34.6"	🗑️

Custom Search :

01/07/21 📅 05/01/21 📅

Weight **Waistline**

+8.8lb **+0.8"**

← Weight / Waistline ⊕			
Date	Weight	Waistline	
Sa 01/05/21	88.6kg	90.0cm	🗑️
We 28/04/21	87.4kg	89.0cm	🗑️
Su 18/04/21		88.0cm	🗑️
Mo 18/01/21	85.8kg	88.0cm	🗑️
Fr 15/01/21	85.8kg	88.0cm	🗑️
Th 07/01/21	84.6kg	88.0cm	🗑️

Custom Search :

07/01/21 📅 01/05/21 📅

Weight **Waistline**

+4.0kg **+2.0cm**

Your first two entries are free, so you'll always have a starting weight/waistline entry and a second weight/waistline, (that can be updated). For unlimited entries it's \$12.99 AUD annual subscription, (so just over \$1 a month AUD, or around 70c a month USD).

My app is called Your Spending, the spending part of the app is completely free, and you get one free income entry as well, which then gives you your net income/expenses position, you can unlock unlimited income entries (second job etc) with a very minimal once only payment, google search 'improvement after movement', you'll find links to both the App and Play stores there.



The True Banting Diet (V1.1)

The Solution

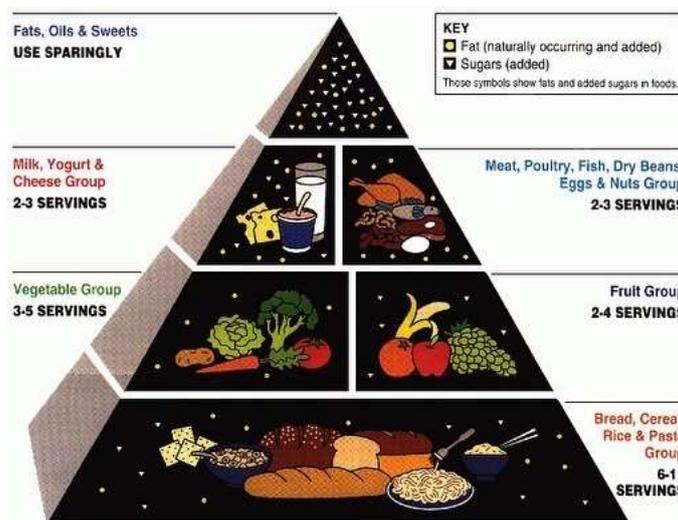
I saw this sign a different way one day, if you move each word anti-clockwise one position, it's now



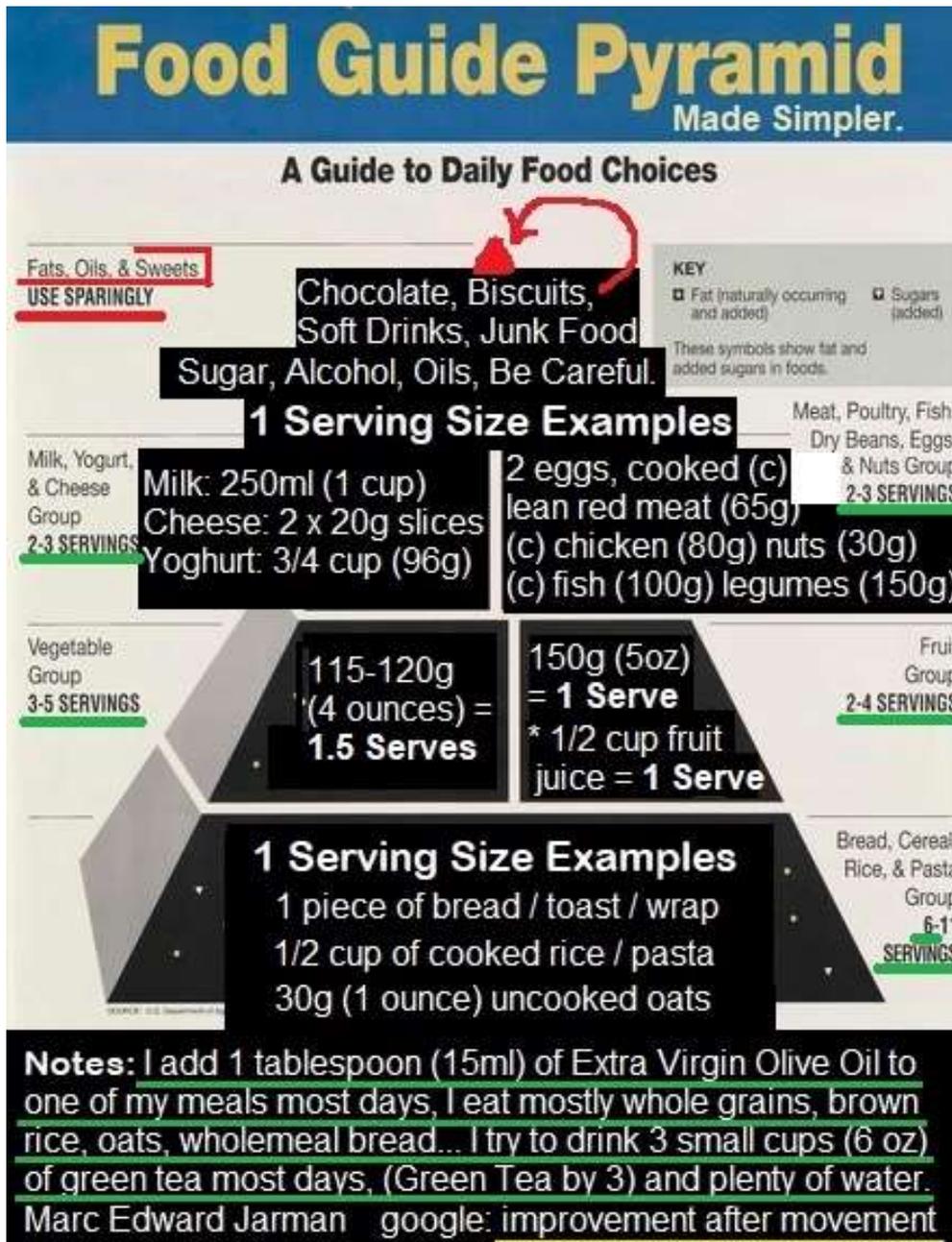
This was William Banting's formula that resulted in once and forever weight loss, it's now my formula for once and forever weight loss too. You're going to see shortly that, like my first 6kg (13 lbs) accidental weight loss that came by reducing my junk food spending, (eating/drinking) I actually found Banting Balance (without exercise) by accident as well, because my leg tightened up while I was jogging one day, about 3 months before the end of my Turning Point 12 Months, and I was unable to exercise, my body became unwieldy.

Where the new sign says Fast Fitness, to begin with, (or even forever) think of Fast Fitness as the amount of time you exercise, aim for just a 20-30 minute, faster than casual walking pace, 20-30 minutes goes fast. If you haven't exercised for a while, I'd focus on stretching movements for 20-30 minutes initially, then add walking. I'll show you shortly how I had noticeable fat loss and muscle gain from only a 20 minute workout 3 times a week, for 3 months, that's down the road... Food First.

This was the initial 1992 USDA Food Guide Pyramid, I've heard some nutrition experts call it a disaster, and a contributor to the obesity epidemic, I've found it to be a brilliant guide, when the serving sizes are clearly understood, on the next page is a Simplified 2022 Food Guide Pyramid.



The True Banting Diet (v1.1)



Please remember, this is what 6 grain servings of USDA Recommended Serving Sizes looks like.



The True Banting Diet (v1.1)

My First Failed Banting System Attempt, in 2018.

I'm running out of time to finish this document to release tomorrow, right now it's 3:50pm on Thursday August 25. When I first tried implementing William Banting's four meals a day dietary system, I lost 7kg (15 ½ lbs) in 8 weeks, but I couldn't sustain it, and after those 8 weeks, I put 5kg (11 lbs) back on. I'm not saying this was the only problem, but one notable absence from my meals were grains of any kind. I was still under the impression, like most people who are aware of William Banting is, that he removed grains completely from his diet, here's an example of some of my meals during those 8 weeks, go from left to right, top to bottom, meal 1, meal 2, meal 3 and meal 4.



Applying Banting Balance (which didn't exist yet) to these 8 weeks, I was **speeding**, losing weight too fast, I was losing (driving) @ **3.75kg /mth**, top Banting Balance speed even at 20% upper limit is 3kg /mth, comfortable is **1.5 - 2.5kg /mth**.

In lbs, it's virtually exactly the same, just using different numbers, I was losing weight (driving) @ **8.33 lbs /mth**, top Banting Balance speed at 20% upper limit is 6 lbs /mth, or **3 - 5 lbs /mth**.

1 - 1½ servings of grains with each meal would've slowed me down to find Banting Balance I'd say.

I want to point out too that in Oct and Nov 2018 I didn't even know what legumes were, I'd never come across chickpeas, lentils, four beans or edamame beans, except edamame beans with sushi.

The True Banting Diet (V1.1)

My Second Banting System Attempt, in 2019.

It was now February 2019, I'd put 5kg (11 lbs) back on, (4.6kg / 10 lbs to be exact) I was now 92.7kg (204 lbs), here were some of the key points I picked up studying William's book again.

Firstly, it was his weight loss speed, this was the absolute game changer for me, realising that William lost only 3 - 5 lbs (1.5 - 2.5kg) each month, on his way to losing 46 lbs (21kg) in 1862/63.

BANTING BALANCE

WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

26th Aug My weight on 26th August, 1862, was 202 lbs. 91.6 kg

On 7th September, it was 200, having lost 2 MONTH (ESTIMATE) ← 90.7kg

Date	Month	Weight (lbs)	Weight (kg)	Loss (lbs)	Loss (kg)
26 th Sept	27th "	197	89.3	3	1.4
26 th Oct	19th October "	193	87.5	4	1.8
26 th Nov	9th November "	190	86.2	3	1.4
	3rd December "	187	84.8	3	1.4
26 th Dec	24th "	184	83.5	3	1.4
26 th Jan	14th Jan., 1863 "	182	82.6	2	0.9
	4th February "	180	81.7	2	0.9
26 th Feb	25th "	178	80.7	2	0.9
26 th Mar	18th March "	176	79.8	2	0.9
26 th Apr	8th April "	173	78.5	3	1.4
	29th "	170	77.1	3	1.4
26 th May	20th May "	167	75.8	3	1.4
26 th Jun	10th June "	164	74.4	3	1.4
	1st July "	161	73.0	3	1.4
26 th July	22nd "	159	72.1	2	0.9
	12th August "	157	71.2	2	0.9
26 th Aug	26th "	156	70.8	1	0.4
	12th September "	156	70.8	0	0

Total loss of weight . . . 46 lbs. 46 lb 21 kg

My girth is reduced round the waist, in tailor phraseology, 12½ inches, which extent was hardly conceivable even by my own friends, or my respected medical adviser, until I put on my former clothing, over what I now wear, which 31 cm ← Waistline Reduction
12¼ inches

WILLIAM'S WEIGHT LOSS RATE SPEED
3 - 5 lb / mth or 1.5 - 2.5 kg / mth
BANTING BALANCE

The True Banting Diet (V1.1)

One Ounce of Dry Toast x 2, and Two or Three Ounces of Fruit

I wasn't ready to start eating bread again yet, I am now, I usually have 1 piece of wholemeal toast with 1 or 2 of my 4 meals a day, I've been getting into a planned 5th nightsnack for a little while now, when I started back training and was using more energy during the day, then increasing lean muscle mass, I struggled for a bit there bingeing late at night, and also fighting tiredness to get this document finished while still earning a weekly income to cover expenses.

1. For breakfast, I take four or five ounces of beef, mutton, kidneys, broiled fish, bacon, or cold meat of any kind except pork ; a large cup of tea (without milk or sugar), a little biscuit, or one ounce of dry toast. (*Bread, no butter.*)
2. For dinner, Five or six ounces of any fish except salmon, any meat except pork, any vegetable except potato, one ounce of dry toast, fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira — Champagne, Port and Beer forbidden.
3. For tea, Two or three ounces of fruit, a rusk or two, and a cup of tea without milk or sugar.
4. For supper, Three or four ounces of meat or fish, similar to dinner, with a glass or two of claret.

I could easily eat 6 pieces of toast like this in one meal if I wanted to, I could eat 8, either with, or followed by a big cup of milk. Starch, saturated fat and sugar, that's one combination that can hack my brain into eating way too much before I even know it.



The True Banting Diet (V1.1)

Food is both solid and liquid, I think of the 'd' in food as 'drinks'.

This comment on the page following William's sample weight loss diet in his third edition was really important for me, it told me that with each of William's meals, he had both a solid and liquid portion in them, so from the start, even in my first failed attempt, I always made sure I had both a solid and liquid portion in each meal, my liquid portion in meals 2 and 4 were often a water based, milk protein shake, it's not anymore, but I found early on it helped heaps. Meal 3 for me was a protein smoothie with kiwi fruit every afternoon. I think I had that by itself initially then added some nuts, maybe cashews or almonds, then later walnuts. Now I have a bowl of oats with fruit, some protein yoghurt and some walnuts or almonds, with some form of water based drink.

I take about 5 or 6 ounces
solid and 8 of liquid for
breakfast; 8 ounces of solid
and 8 of liquid for dinner; 3
ounces of solid and 8 of
liquid for tea; 4 ounces of
solid and 6 of liquid for
supper

William Banting
Letter On Corpulence

#kindlequotes

Up to 1 ½ Servings of Grains Daily from Brown Rice

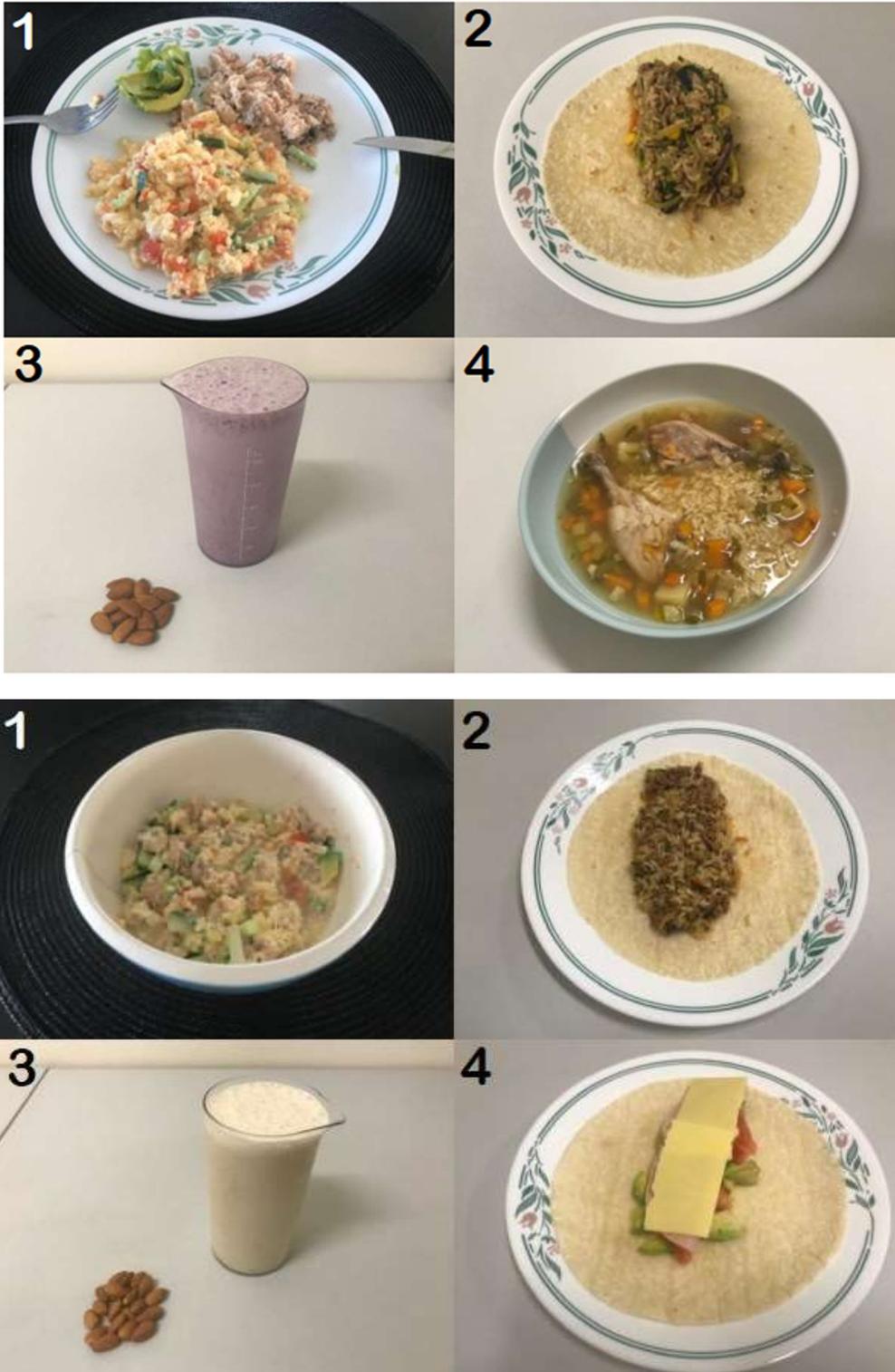
Seeing this rice comment after seeing William's toast mentioned in his meal 1 breakfast and meal 2 dinner (lunch) was also very big for me, I started adding 3 heaped tablespoons of rice in with my meals 2 lunch and meal 4 dinner (I had no understanding of the USDA Food Guide Pyramid at this point, but what I learned was that 4 heaped tablespoons of rice repeatedly came to ½ a cup of cooked rice, which is 1 serving of grains in the Food Guide Pyramid, so I was eating up to 1 ½ servings of grains most days in the form of brown rice in my second attempt at The Banting System.

might do so, or that they were forbidden. Green vegetables are considered very beneficial, and I believe should be adopted at all times. I am indebted to the "Cornhill Magazine" and other journals for drawing my attention to these dietetic points. I can now also state that eggs, if not hard boiled, are unexceptionable, that cheese, if sparingly used, and plain boiled rice seem harmless.

The True Banting Diet (V1.1)

My First Two Variations of my New Banting System

You will see the actual ingredients in these meals on the next page, but the big changes are, the addition of wraps, rice, veggies and more fruit, than I had in my first Banting System attempt. In February 2019 when I started my second attempt I thought that I would have to train in combination with eating these additional carbs to lose weight, but I pulled up with a leg injury during a jog on March 4th 2019, I think it was, stopping exercise, but kept eating my new Banting 4 meals a day dietary system and continued losing weight, my weight loss timeline's on next page.



The True Banting Diet (v1.1)

Feb 2, 2019, to June 4, 2019
Pounds Only Weight Loss Table

As I've said, this screen is still being built in my app at the moment, at this stage it's not complete yet, but when it is, I think it's going to be pretty good. The bottom section 'Custom Search' is actually the second screen, the landing screen tells you your Waist to Height %.

This is Banting Balance, both with and without exercise/fitness, see monthly breakdown below. (My first February month, when I started training as well as eating my new more carbs included Banting dietary system, my weight loss is just less than Banting Balance lower number, I think there would've been a little bit of lean muscle mass weight increase from that first month of training).

Also, I hadn't recognised William's waistline comment below his weight loss timeline at this point.



Month / Weight Loss	Lbs	Kgs	
2 nd February 2019	2.5	1.1	
March 2019	3.3	1.5	(Carbs Included/No exercise)
April 2019	3.3	1.5	(Carbs Included/No exercise)
May 2019	5.5	2.5	(Carbs Included/No exercise)
4 th June 2019	0.4	0.2	(Start of 3 Month Fitness Exp)
Last 4 Months	15	6.8	(Searched for BB)
Total 12 Months	33	15	(Started with Spending)

The True Banting Diet (v1.1)

What Changed Between Month's 1 and 2, and Month 3?

Month / Weight Loss	Lbs	Kgs
March 2019	3.3	1.5 (Carbs Included/No exercise)
April 2019	3.3	1.5 (Carbs Included/No exercise)
May 2019	5.5	2.5 (Carbs Included/No exercise)

See how in months one and two, March and April, I lost the exact same amount of weight, and then in my third month, May, I lost an extra 2.2 lbs (1kg), there's a reason for this.

In those first two months, every Sunday night I would go to Hungry Jack's (Burger King) and order one of these, an m&m Storm, with hot caramel sauce. I still found Banting Balance in those first two months, eating one of these, every Sunday night.

When it came to May, I thought to myself, I'd like to see how much weight I will lose if I don't have the Storm every Sunday night, and I lost an extra 2.2 lbs (1kg). Thinking about it in June, kilograms is/was my main measurement, there were 4 Sunday's in May 2019, each Storm for my body at that time was equal to about 0.25kg (0.55 lb) excess weight. It's not about no treats, it's Banting Balance.



This is me on a Sunday night atm, not last night though, this has been a mission of a project so far, I slept a bit more than usual on the weekend, this red arrow is a tablespoon of caramel yogurt, I mix it with some oats, 1 teaspoon of sugar and a small Ben and Jerry's container of ice cream.



The True Banting Diet (v1.1)

Waist to Height Percentage Home Screen

So this is where I was at on Saturday morning, after a good night's sleep, there are so many variables that go into day to day waistline measurements, I take note of the 1st and 15th of each month mostly. Friday, August 26, I had very little sleep on Thursday night, I drank water and coffee to stay awake, my waistline was probably a bit bloated.

45.7% is actually me typing that into the pounds screen, it was an incorrect number to begin with, as I've said, this screen's still coming together, in terms of my entire I AM once and forever weight loss program, including True Banting, Your Spending, and Improvement After Movement (I AM), it's maybe around the stage that this Sydney Harbour Bridge photo below was at in 1930.

← Weight / Waistline ⊕		
Date	Weight	Waistline
Sa 27/08/22	81.4kg	83.5cm
Fr 26/08/22	81.9kg	84.5cm
Th 25/08/22	81.8kg	84.0cm
Su 21/08/22	82.2kg	84.0cm
Sa 20/08/22	82.8kg	84.5cm
Th 18/08/22	82.4kg	84.5cm
We 17/08/22	81.9kg	84.0cm
Mo 15/08/22	82.7kg	84.5cm
Th 11/08/22	83.0kg	84.5cm

Waist to Height Percentage

45.6%

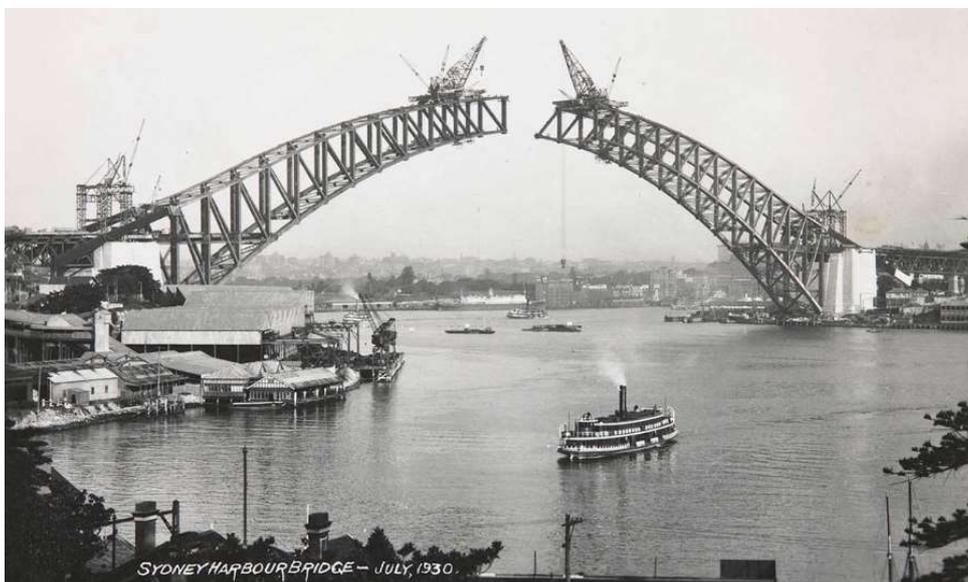
Healthy Range: Between 40% and 50%

← Weight / Waistline ⊕		
Date	Weight	Waistline
Sa 08/27/22	179.5lb	32.9"
Fr 08/26/22	180.6lb	33.3"
Th 08/25/22	180.4lb	33.1"
Su 08/21/22	181.3lb	33.1"
Sa 08/20/22	182.6lb	33.3"
Th 08/18/22	181.7lb	33.3"
We 08/17/22	180.6lb	33.1"
Mo 08/15/22	182.4lb	33.3"
Th 08/11/22	183.0lb	33.3"

Waist to Height Percentage

45.7%

Healthy Range: Between 40% and 50%



The True Banting Diet (v1.1)

More Veggies Added to My New Banting Wrap Mixes
(Anyone Who Likes Eating Meat Loves These)



Started Eating Daily Wraps with Rice, Lower Fat Cheese Came Later
(The wrap mixes come from meals above, started with low carb wraps, switched to wholegrain wraps during food experiment when I found low carb made no difference).



The True Banting Diet (v1.1)

More Brown Rice Added, this is My Chicken and Veggies Slow Cooker Meal



More Fruit Added to Meal 3 Water/Milk/Protein Fruit Smoothie
(I use very little protein powder anymore, probably less than ½ a scoop a day, except after workout)



The True Banting Diet (V1.1)

Results of my 3 Month Fitness Experiment

I did a 3 month fitness experiment after losing the 15kg (33 lbs) in my Turning Point 12 Months. From just a 20 minute modified CrossFit workout, done 3 times a week over 3 months, I lost 4kg (8.8 lbs) of fat, and increased lean muscle mass by 3kg (6.6 lbs), I'm not sure if CrossFit or other group fitness businesses offer shorter workout classes for clients, results can definitely be achieved.

Before starting: May 31, 2019 189.6 lbs 45.2 lbs 136.7 lbs 7.5 lbs

Region	%Fat (%)	Total Mass (kg)	Fat Mass (g)	Lean Mass (g)	BMC (g)
Arms Total	23.0	11.0	2,519	7,927	515
Right	23.0	5.5	1,253	3,955	252
Left	23.0	5.5	1,266	3,973	262
Difference	-0.1	0.0	-13	-18	-10
Legs Total	19.1	29.5	5,634	22,508	1,386
Right	18.6	14.7	2,727	11,261	692
Left	19.6	14.8	2,906	11,247	695
Difference	-1.0	-0.2	-179	14	-3
Trunk	28.1	40.8	11,474	28,278	1,012
Android	29.2	6.0	1,744	4,164	62
Gynoid	23.8	13.8	3,297	10,129	407
Total Body	23.9	86.0	20,527	62,011	3,426

SIMPLE NUMBERS: 23.9% 86kg 20.5kg 62kg 3.4kg

BMC = Bone Mineral Content

FMI (Fat Mass Index) 6.20
 Visceral Fat Mass 533 g
 Visceral Fat Volume 565 cm³
 Android/Gynoid %Fat Ratio 1.20
 SMI (Skeletal Muscle Index) 9.19
 Resting Metabolic Rate 1,702 cal/day
 BMD (Bone Mineral Density) 1.288 g/cm²
 BMD Young Adult T-score 0.9
 BMD Age Matched Z-score 0.5

After 3 Months: Sept 2, 2019 187.6 lbs 36.4 lbs 143.5 lbs 7.5 lbs

Region	%Fat (%)	Total Mass (kg)	Fat Mass (g)	Lean Mass (g)	BMC (g)
Arms Total	18.3	11.7	2,151	9,052	525
Right	19.5	5.9	1,155	4,496	262
Left	17.1	5.8	996	4,557	263
Difference	2.4	0.1	160	-61	-1
Legs Total	15.7	28.0	4,402	22,209	1,368
Right	15.8	14.1	2,226	11,217	685
Left	15.7	13.9	2,176	10,991	683
Difference	0.0	0.3	51	226	2
Trunk	22.5	40.8	9,156	30,623	987
Android	21.4	5.6	1,195	4,332	56
Gynoid	20.5	13.6	2,797	10,403	418
Total Body	19.5	85.1	16,582	65,128	3,383

SIMPLE NUMBERS: 19.5% 85kg 16.5kg 65kg 3.4kg

BMC = Bone Mineral Content

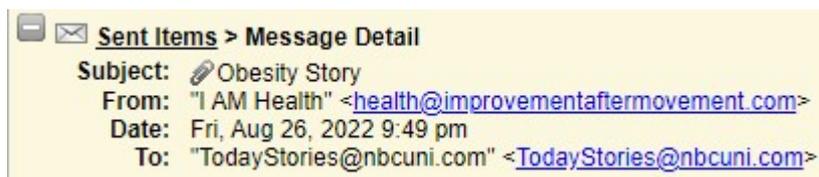
FMI (Fat Mass Index) 5.01
 Visceral Fat Mass 335 g
 Visceral Fat Volume 355 cm³
 Android/Gynoid %Fat Ratio 1.02
 SMI (Skeletal Muscle Index) 9.44
 Resting Metabolic Rate 1,763 cal/day
 BMD (Bone Mineral Density) 1.263 g/cm²
 BMD Young Adult T-score 0.6
 BMD Age Matched Z-score 0.6

*FAT MUSCLE
 4kg 3kg
 LOST INCREASE
 (8.8 lb) (6.6 lb)*

I've done my best to make this document as accurate as possible, I'm sure there's some mistakes, to finish this document tonight, Friday, August 26th 2022, I had 3 hours sleep last night. (2 x 90 minutes)

The True Banting Diet (V1.1)

Continuing Comments



On Friday night, at the end of a pretty big week that finished with around 3 hours sleep in that final 24 hours, 11:30pm to 1am, (Thursday night,

Friday morning) then again at 8:45am to 10:05am, I went to upload The True Banting Diet to my Improvement After Movement (I AM) website and wasn't able to, might've been hacked again.

So all I did was simply email a copy of it to The Today Show on NBC, in America, I watch parts of the show regularly through the NBC News app, and in segments they post to Twitter.

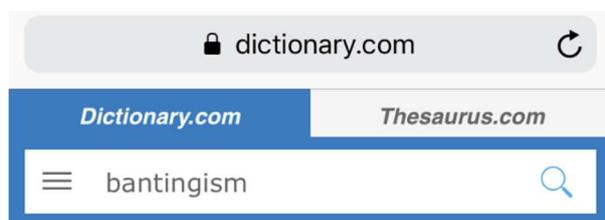
Then went to sleep, I don't know if anything will come of it, but at least it's out there now.

On Saturday I printed out a copy of my document and started going through it for the first time since my final read through on Friday (hurried read through), I wrote a page full of notes on Friday that I simply ran out of time to complete, here's 6 new sections I've completed since Friday to tonight.

1. Load in my 6 servings of grains a day, 15 day weight loss timeline experiment. (P 65)
2. Add the dictionary definition of Bantingism, with my notes about it. (Below)
3. Share the third possible reason why 'Banting' was removed from Sir William Osler's 10th edition of The Principles and Practice of Medicine, released in 1925. (P49)
4. Explain some of the inconsistencies on my weight / waistline app screenshots. (P94)
5. Explain how I think the incorrect ~~2,800~~ Calories a day Banting diet came about. (P67)
6. Explain why my 3rd month (May 2019) Banting Balance I lost an extra 1kg (2.2 lbs). (P93)

Progress,
Marc

ps. I think a clearer way to define Bantingism is, Banting: a weight reduction method based on a diet higher in proteins and lower in fats and carbohydrates, in comparison to William Banting's former weight increasing diet. The goal is to find Banting Balance, a steady weight loss speed of 3 - 5 lbs per month, or 1.5 - 2.5kg per month, until your waistline is reduced to less than half your height, forever.



Bantingism

noun (often lowercase) *Medicine/Medical.*

1. a weight-reduction method based on a diet high in proteins and low in fats and carbohydrates.

My former dietary table was bread and milk for breakfast, or a pint of tea with plenty of milk and sugar, and buttered toast; meat, beer, much bread (of which I was always very fond) and pastry for dinner, the meal of tea similar to that of breakfast, and generally a fruit tart or bread and milk for supper.

William Banting

Letter On Corpulence, Addressed To The Public