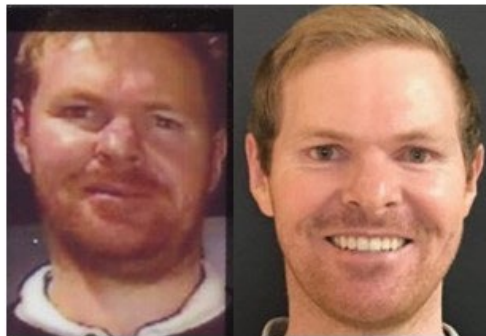


My Turning Point 12 Months (Part 2 of The True Banting Diet)

Finding Banting Balance



June, 2018

June, 2019

Across 2020 and 2021 I completed a certified food coaching course, focused on simple excess 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 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's brilliant, so simple and effective, when increasing lean muscle mass often results 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. 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.

Remember the AHA headline from the first page of The True Banting Diet, it's not 'belly fat' that's a heart health problem, it's 'too much belly fat'. When I refer to Long Term Weight Loss, that's what I'm referring to, keeping my belly button waistline measurement less than half my height, long term.

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, and display it as a decimal. Personally, I think Waist to Height Ratio displayed as a % is a simpler way to explain and understand it, you want your Waist to Height Ratio 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 Ratio.

BMI and/or Waist to Height Ratio, 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 long term 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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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)

My Next 5kg / 11lb (days taken)
Time taken to progress down my next 5kg (11lb), 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.

86.6kg: 7 days (29/7 to 5/8)
85kg's: 13 days (6/8 to 19/8)
84kg's: 17 days (20/8 to 7/9)
83kg's: 16 days (8/9 to 23/9)
82kg's: 15 days (24/9 to 8/10)
81.6kg: 2 days (9/10 to 10/10)

29/7: 86.6kg / 90.5cm
10/10: 81.6kg / 85.5cm
Weight and Waistline
Reductions: 5kg / 5cm (10 weeks, 3 days)

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.

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

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

Waistline to Height Context

My Next 5kg / 11lb (days taken)
Time taken to progress down my next 5kg (11lb), 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.

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Weight and Waistline
Reductions: 5kg / 5cm (10 weeks, 3 days)

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.



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 unwieldy patient.

William Banting
Letter on Corpulence

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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 long term, 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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.



THE WORK OF BYRON KATIE

One-Belief-at-a-Time Worksheet

The Work — A Written Meditation

On the "Belief" line below, write down a stressful belief. It can be a stressful belief about someone (alive or dead) whom you know. Allow yourself to mentally revisit the specific situation. Tell yourself the truth. 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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

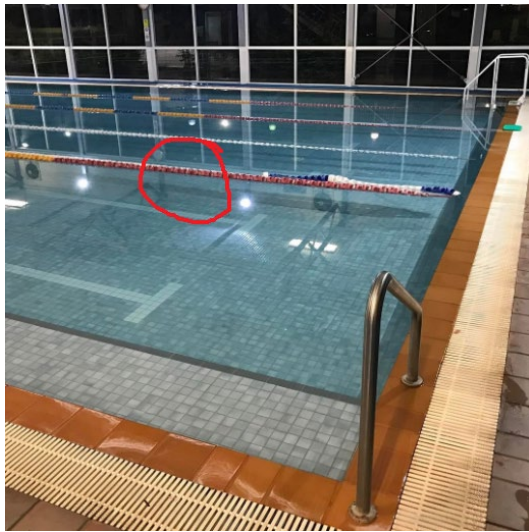
My should (belief) was so simple, "I shouldn't have gone out on Sunday night."

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

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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

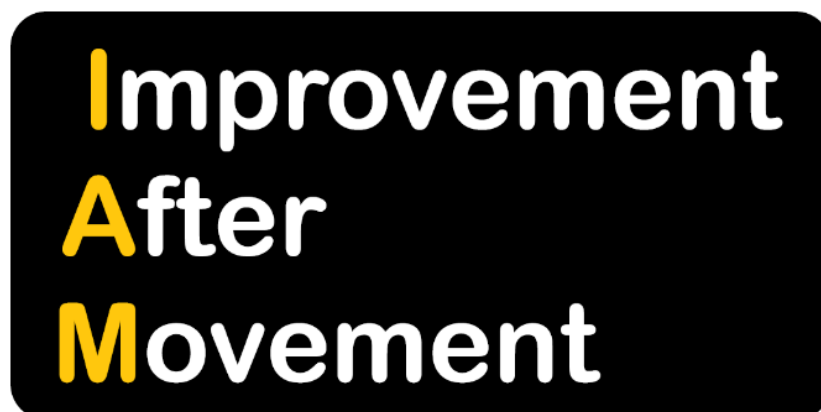
note in my book, "What's a really simple message I can live by and teach other people to live by?"

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.



My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

← Payment Entry

Monday, Jun 04, 2018

Food

Payment Frequency
Weekly

\$ 150

Cancel Save

Yearly Spending
\$7,800

I'm pretty sure June 4th, 2018 was the day I learned the power of \$50 a week.

Home Past This Month Future Extras

← Payment Entry

Monday, Jun 04, 2018

Food

Payment Frequency
Weekly

\$ 100

Cancel Save

Yearly Spending
\$5,200

By reducing my weekly food spend by \$50 I would save \$2,600 a year, and after 4 months I had lost 6kg (13 lbs), by accident.

Home Past This Month Future Extras

Friday 16 Mar 2018	
V8444 14/03 MCDONALDS LABRADOR SOUTHPORT 74564728074	>
MISCELLANEOUS DEBIT	- \$14.05
Thursday 15 Mar 2018	
V8444 13/03 HUNGRY JACKS SOUTHPT 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.

Fast Food
\$50/week

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

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

← Future Spending			← Future Spending		
Select Month			September, 2022		
September, 2022			October, 2022		
Date	Name	Amount	November, 2022		
5th	Food	\$100	December, 2022		
12th	Food	\$100	January, 2023		
14th	Car Registration	\$650	February, 2023		
15th	Netflix	\$11	March, 2023		
18th	Phone	\$75	April, 2023		
19th	Food	\$100	May, 2023		
22nd	Gym	\$80	June, 2023		
26th	Food	\$100	July, 2023		
Total		\$1,216	August, 2023		
Home Past This Month Future Extras			Home Past This Month Future Extras		

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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 'long term 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

My Turning Point 12 Months (Part 2 of The True Banting Diet)

(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 ⊕				← Weight / Waistline ⊕			
Date	Weight	Waistline		Date	Weight	Waistline	
Sa 05/01/21	195.4lb	35.4"	🗑	Sa 01/05/21	88.6kg	90.0cm	🗑
We 04/28/21	192.7lb	35.0"	🗑	We 28/04/21	87.4kg	89.0cm	🗑
Su 04/18/21		34.6"	🗑	Su 18/04/21		88.0cm	🗑
Mo 01/18/21	189.2lb	34.6"	🗑	Mo 18/01/21	85.8kg	88.0cm	🗑
Fr 01/15/21	189.2lb	34.6"	🗑	Fr 15/01/21	85.8kg	88.0cm	🗑
Th 01/07/21	186.5lb	34.6"	🗑	Th 07/01/21	84.6kg	88.0cm	🗑
Custom Search :				Custom Search :			
			Reset				Reset
01/07/21 📅	05/01/21 📅	Apply		07/01/21 📅	01/05/21 📅	Apply	
Weight		Waistline		Weight		Waistline	
+8.8lb		+0.8"		+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.



My Turning Point 12 Months (Part 2 of The True Banting Diet)

The Solution

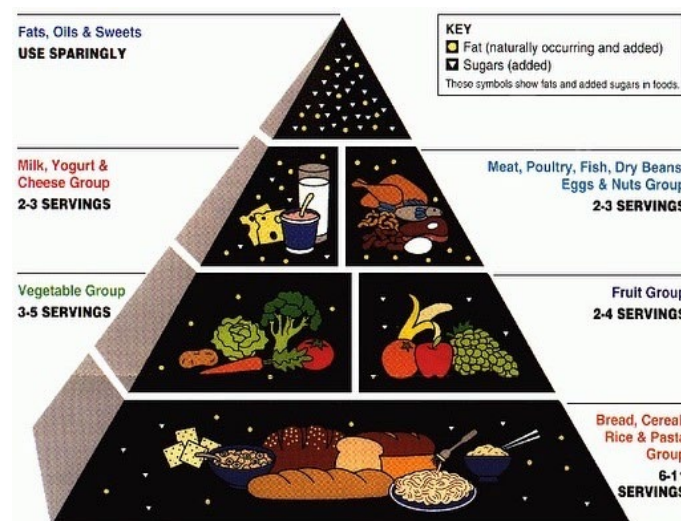
I saw this sign a different way one day, if you move each word anti-clockwise one position, it's now



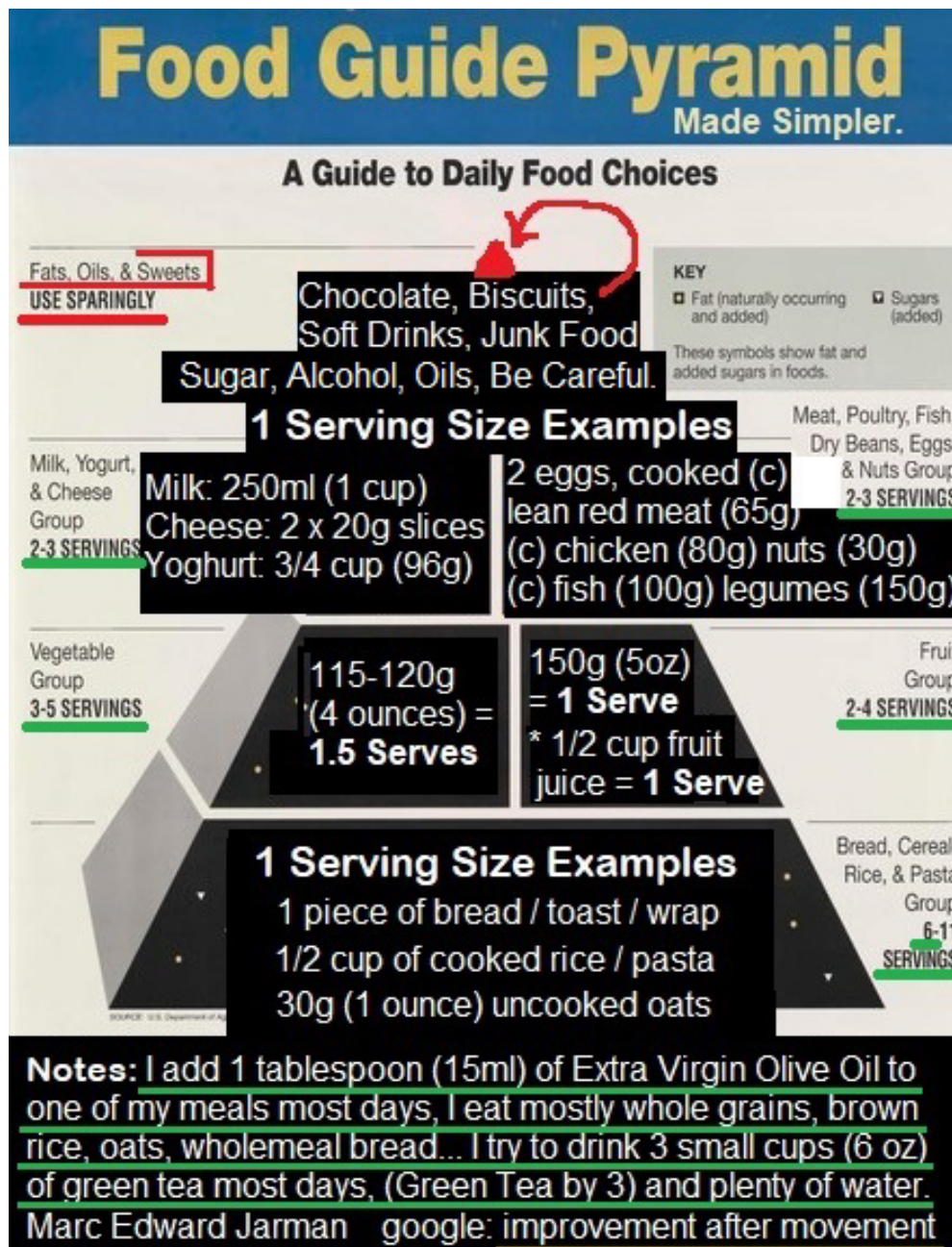
This was William Banting's formula that resulted in long term weight loss, it's now my formula for long term weight loss too. You're going to see shortly that, like my first 6kg (13 lbs) accidental weight loss that came by reducing my junk food spending, (eating/drinking) I actually found Banting Balance (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.



My Turning Point 12 Months (Part 2 of The True Banting Diet)



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



My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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

26 th Aug	My weight on 26th August, 1862, was 202 lbs. 91.6 kg									
			90.7 kg	lbs.	kg	lbs.	MONTH (ESTIMATE)			
	On 7th September, it was 200, having lost 2									
26 th Sept	27th	"	"	197	89.3	3	1	5 lb	2.3 kg	1 st Mth weight loss
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	12 th Mth
26 th Aug	26th	"	"	156	70.8	1				
	12th	September	"	156	70.8	0				Total
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
12½ inches

WILLIAM'S WEIGHT LOSS ~~RATE~~ SPEED

3 - 5 lb / mth or 1.5 - 2.5 kg / mth

BANTING BALANCE

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.



My Turning Point 12 Months (Part 2 of The True Banting Diet)

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

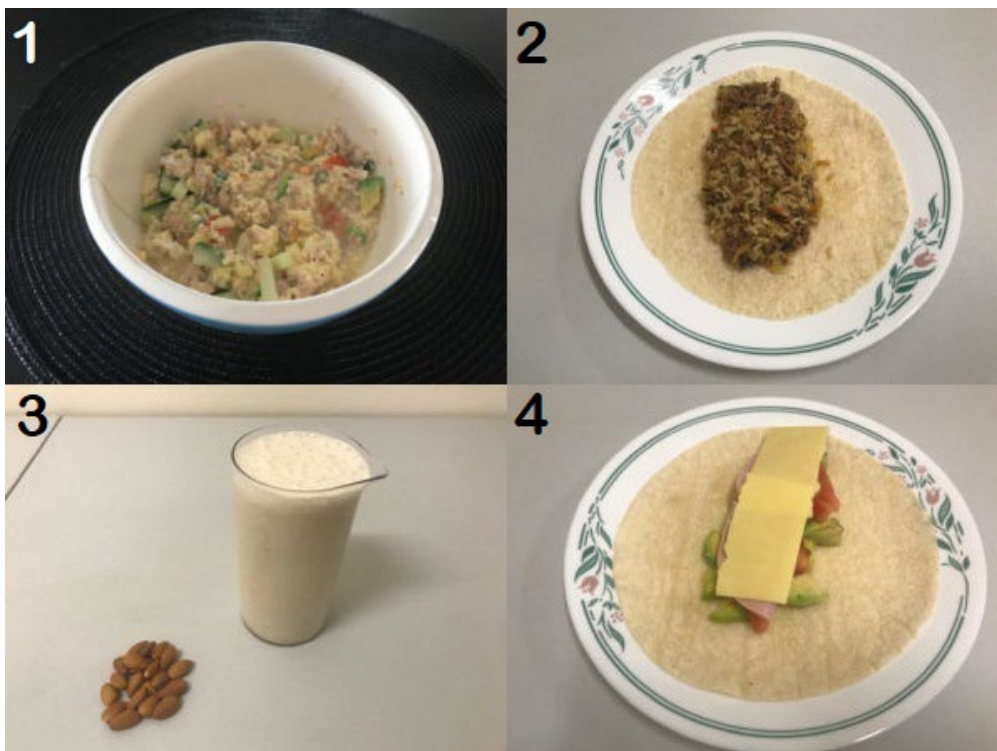
Seeing this rice comment after seeing William's toast mentioned in his meal 1 breakfast and meal 2 dinner (lunch) was also very big for me, I started adding 3 heaped tablespoons of rice in with my meals 2 lunch and meal 4 dinner (I had no understanding of the USDA Food Guide Pyramid at this point, but 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.

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.



My Turning Point 12 Months (Part 2 of The True Banting Diet)

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.

← Weight / Waistline ⊕		
Date	Weight	Waistline
Tu 06/04/19	189.4lb	
Fr 05/31/19	189.8lb	
Fr 05/24/19	190.7lb	
We 05/15/19	192.5lb	
Mo 05/06/19	193.6lb	
Su 05/05/19	193.3lb	
We 05/01/19	195.3lb	
Mo 04/15/19	196.9lb	
Sa 04/06/19	198.4lb	
...		
Custom Search :		
From		Reset
To		Apply
Weight		Waistline
-15.0lb		0"

← Weight / Waistline ⊕		
Date	Weight	Waistline
Fr 05/24/19	190.7lb	
We 05/15/19	192.5lb	
Mo 05/06/19	193.6lb	
Su 05/05/19	193.3lb	
We 05/01/19	195.3lb	
Mo 04/15/19	196.9lb	
Sa 04/06/19	198.4lb	
Mo 04/01/19	198.6lb	
Fr 03/01/19	201.9lb	
Sa 02/02/19	204.4lb	
...		
Custom Search :		
From		Reset
To		Apply
Weight		Waistline
-15.0lb		0"

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)

My Turning Point 12 Months (Part 2 of The True Banting Diet)

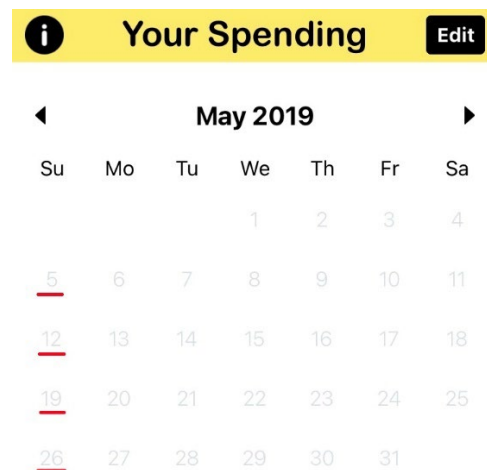
What Changed Between Month's 1 and 2, and Month 3?

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.



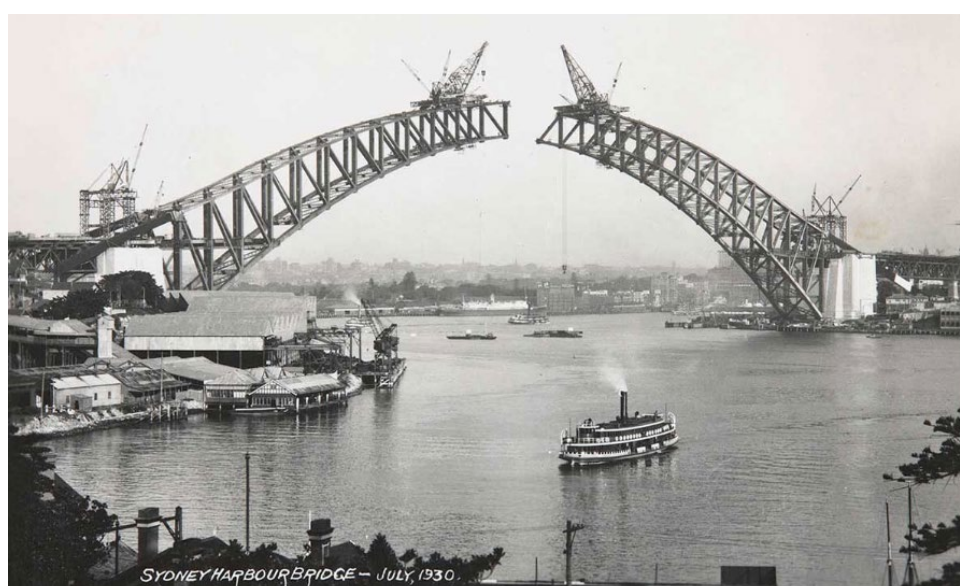
My Turning Point 12 Months (Part 2 of The True Banting Diet)

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 long term 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 ⊕				← Weight / Waistline ⊕			
Date	Weight	Waistline		Date	Weight	Waistline	
Sa 27/08/22	81.4kg	83.5cm	🗑	Sa 08/27/22	179.5lb	32.9"	🗑
Fr 26/08/22	81.9kg	84.5cm	🗑	Fr 08/26/22	180.6lb	33.3"	🗑
Th 25/08/22	81.8kg	84.0cm	🗑	Th 08/25/22	180.4lb	33.1"	🗑
Su 21/08/22	82.2kg	84.0cm	🗑	Su 08/21/22	181.3lb	33.1"	🗑
Sa 20/08/22	82.8kg	84.5cm	🗑	Sa 08/20/22	182.6lb	33.3"	🗑
Th 18/08/22	82.4kg	84.5cm	🗑	Th 08/18/22	181.7lb	33.3"	🗑
We 17/08/22	81.9kg	84.0cm	🗑	We 08/17/22	180.6lb	33.1"	🗑
Mo 15/08/22	82.7kg	84.5cm	🗑	Mo 08/15/22	182.4lb	33.3"	🗑
Th 11/08/22	83.0kg	84.5cm	🗑	Th 08/11/22	183.0lb	33.3"	🗑
⋮				⋮			
Waist to Height Percentage				Waist to Height Percentage			
45.6%				45.7%			
Healthy Range: Between 40% and 50%				Healthy Range: Between 40% and 50%			



My Turning Point 12 Months (Part 2 of The True Banting Diet)

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).



More Brown Rice Added, this is My Chicken and Veggies Slow Cooker Meal

My Turning Point 12 Months (Part 2 of The True Banting Diet)



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)



Results of my 3 Month Fitness Experiment

My Turning Point 12 Months (Part 2 of The True Banting Diet)

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

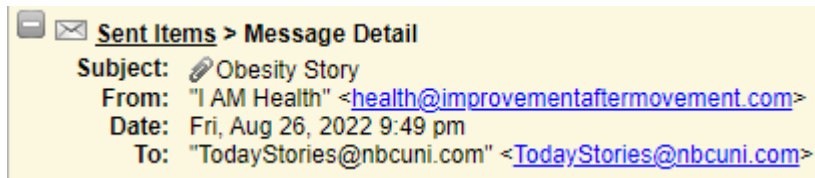
FMI (Fat Mass Index) 5.01
 Visceral Fat Mass 335 g
 Visceral Fat Volume 355 cm³
 Android/Gynoid %Fat Ratio 1.02
 SMI (Skeletal Muscle Index) 9.44
 Resting Metabolic Rate 1,763 cal/day
 BMD (Bone Mineral Density) 1.263 g/cm²
 BMD Young Adult T-score 0.6
 BMD Age Matched Z-score 0.6

FAT LOSS (8.8 lb)
MUSCLE INCREASE (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)

Continuing Comments

My Turning Point 12 Months (Part 2 of The True Banting Diet)



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.

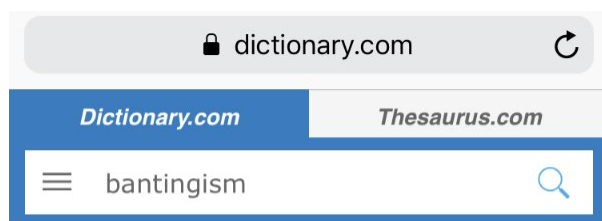
Then went to sleep, I don't know if anything will come of it, but at least it's out there now.

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, hopefully 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