

The True Banting Diet (Part 1)

Introduction

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 long term 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.

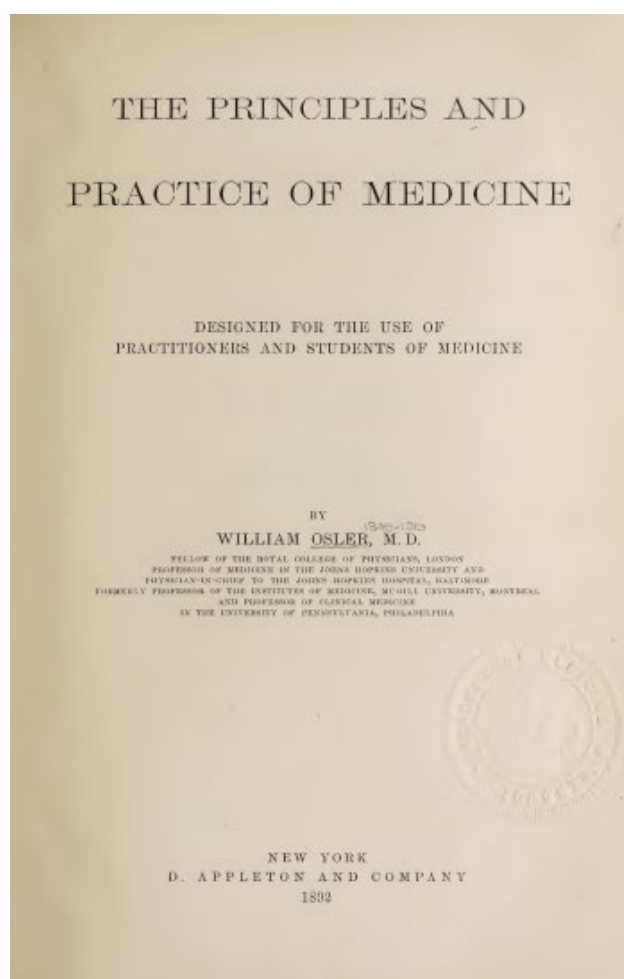
Let’s go way back to the year 1863, it was an interesting year (by co-incidence) in nutrition history, two words that became very big (just at different times) first appeared in the English language that same year, Calorie and Banting. In the popular science paper, ‘History of the calorie in nutrition’, 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 long term with the Banting system, give or take a few pounds, there was no yo-yo dieting with William, he was the original long term 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 long term 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, definitely slower than keto. 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.

The True Banting Diet (Part 1)

Friday, August 26th, 2022

160 years ago today, (Tuesday, August 26th, 1862) the original long term 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) long term 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									
		← 90.7 kg	lbs.	kg	lbs.	On 7th September, it was 200, having lost 2 MONTH (ESTIMATE)				
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		
26 th Nov	9th	November	"	190	86.2	3	3	4 lb		
	3rd	December	"	187	84.8	3	4	4 lb		
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

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Before continuing, here's the evidence proving William's weight loss was long term, 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 excess 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.

**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.

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

The True Banting Diet (Part 1)

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.

The True Banting Diet (Part 1)

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.

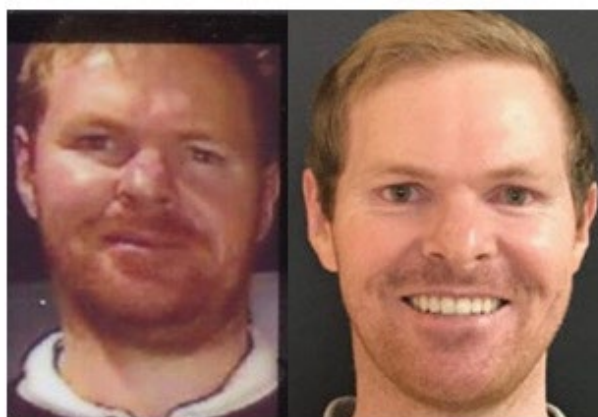
The man told me he'd lost 60kg (132 lbs) in 2 years, but he said he "cheated" and had weight loss surgery. Firstly, I don't believe weight loss surgery is cheating, for many people it's been a life changing experience for them, but surgery doesn't work for every person who's operated on.

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 long term 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)

The True Banting Diet (Part 1)



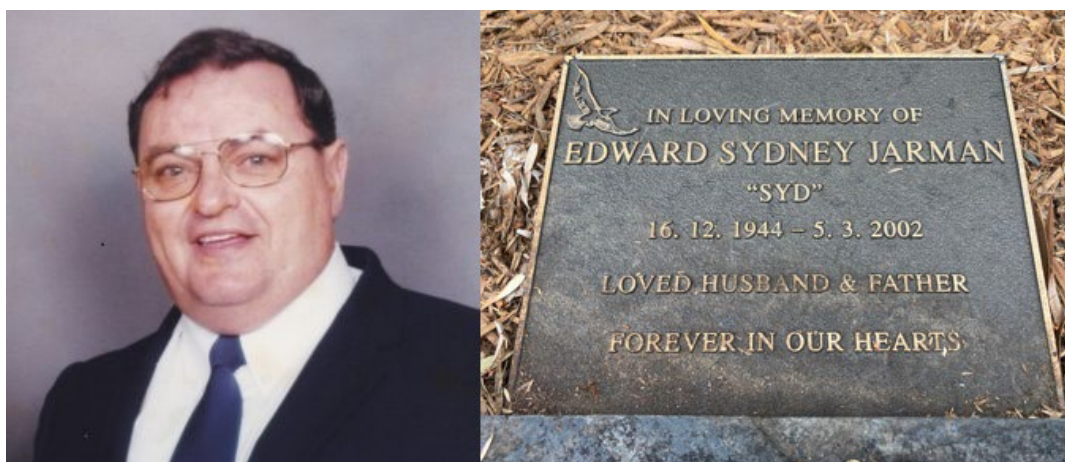
June, 2018

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.



You don't have permission to access this resource.

I've been telling everyone to google 'improvement after movement' to find my long term 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.

Mr. Banting; but the time has been too short for me to receive authentic information from England, and I must, therefore, limit myself to the following brief, but well-authenticated remarks.

Until a few years ago, Mr. Banting carried on the business of an undertaker. Funerals, as is well known, are conducted with much pomp in England: and he held the appointment "to H.R.H. the Prince of Wales."*

The circumstance that the same man whose business it was to place people underground, should take so much trouble to prolong the life of his fellow-men, has given rise to many a joke in England. Mr. Banting's business is apparently in high repute, and his firm

* I held no such appointment, but was Cabinetmaker, Upholsterer, and Decorator to the Royal Family. Funerals in England are frequently conducted by this class.—W.B.

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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 the Improvement After Movement long term 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%).

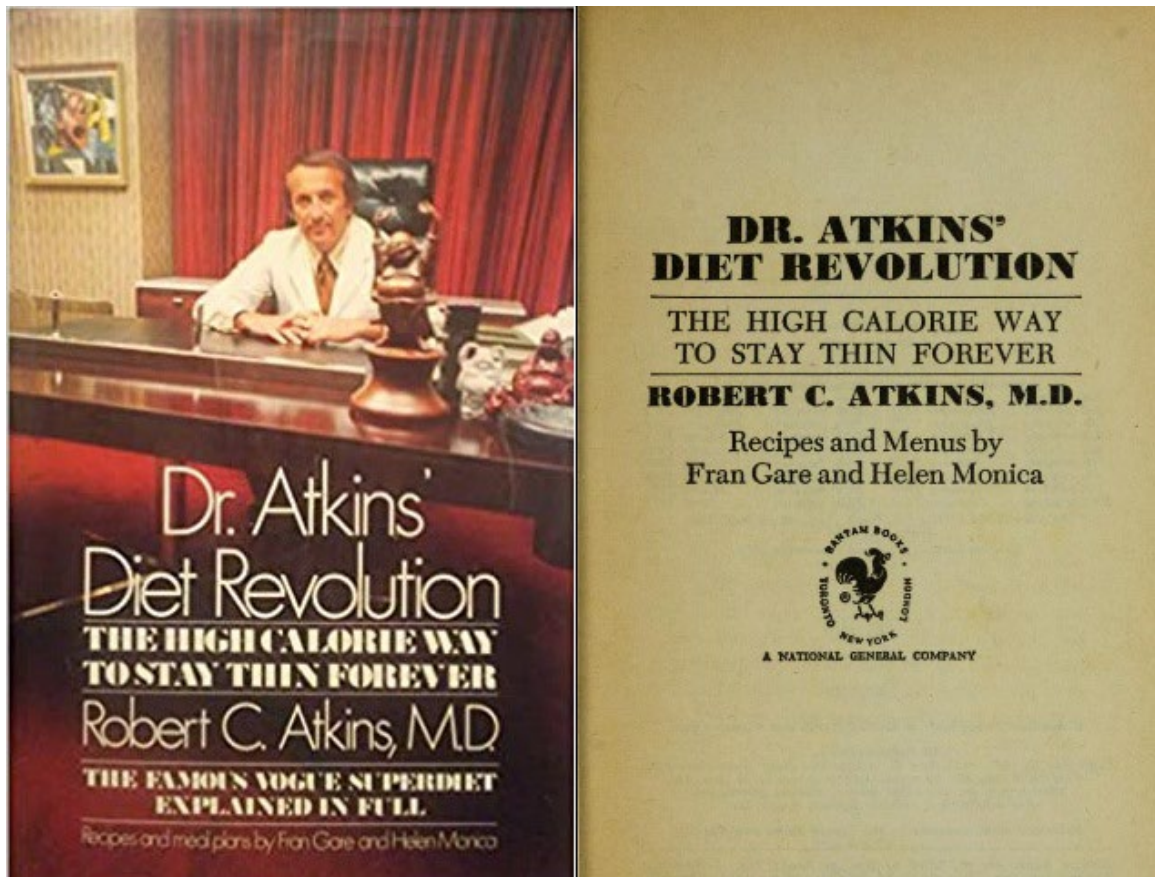
I watched my Dad struggle terribly with his eating and drinking habits, (I learned some of them) then watched him have his heart attack and die at 57, for myself now, this is all about preventing history from repeating itself. Over 20 years down the road, I'm well on my way to avoiding Dad's fate, and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

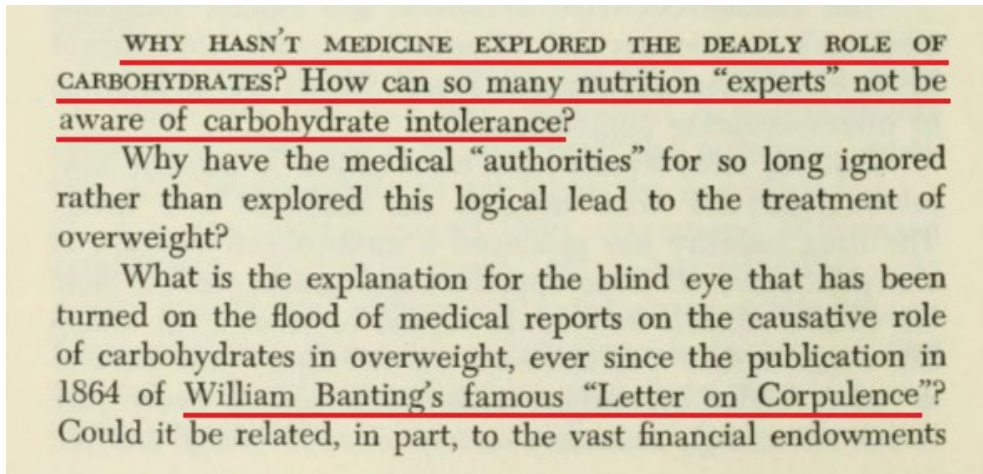
Here's the cover of Dr Atkins first book, see the sub-title, The High Calorie Way To Stay Thin Forever.



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 (Part 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 (Part 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.

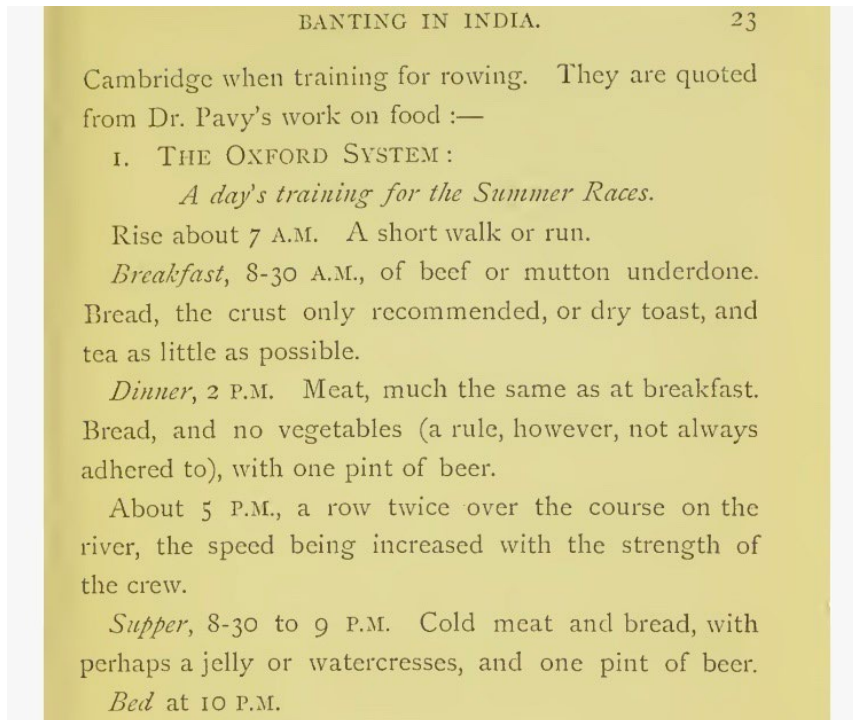
Here’s the passage again, (including the previous sentence). Where William mentions he was still receiving gratifying letters from some of the most important medical men in England, William clearly wasn’t against the medical establishment in the way Dr Atkins was, and many of his followers are.

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

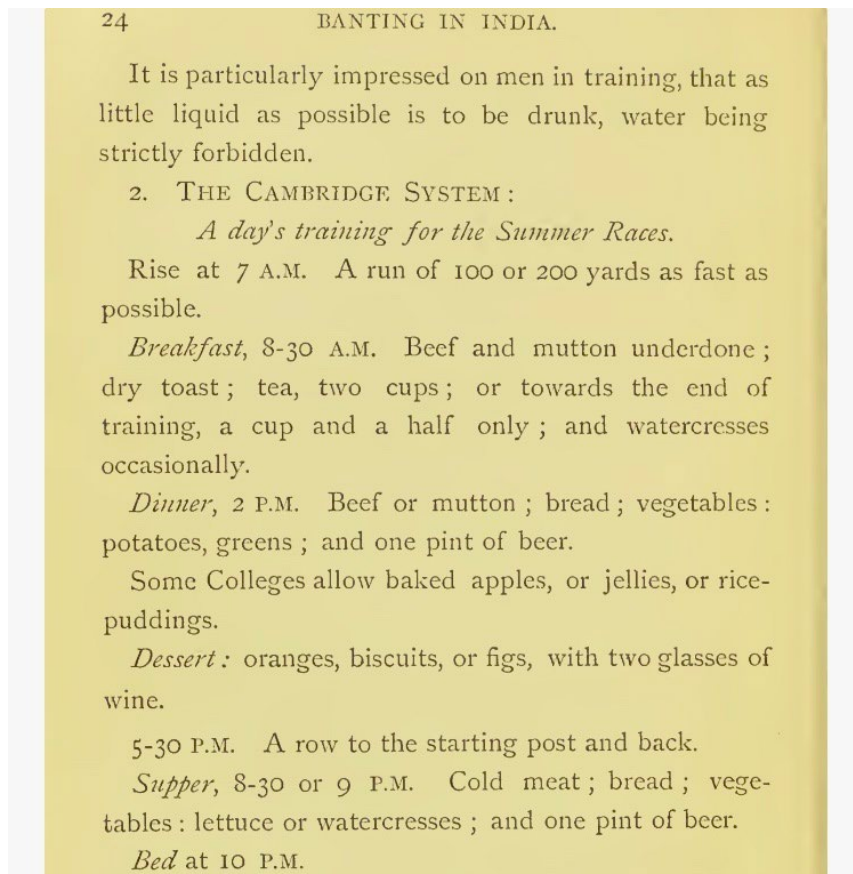
I am constantly still receiving gratifying letters and the medical men in England; or at least some of the most important of them, have written to compliment me on what I have done. Hundreds regret they did not inaugurate it and indeed I for one am sorry they did not for I do not like notoriety. They 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 (Part 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 (Part 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 (Part 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."

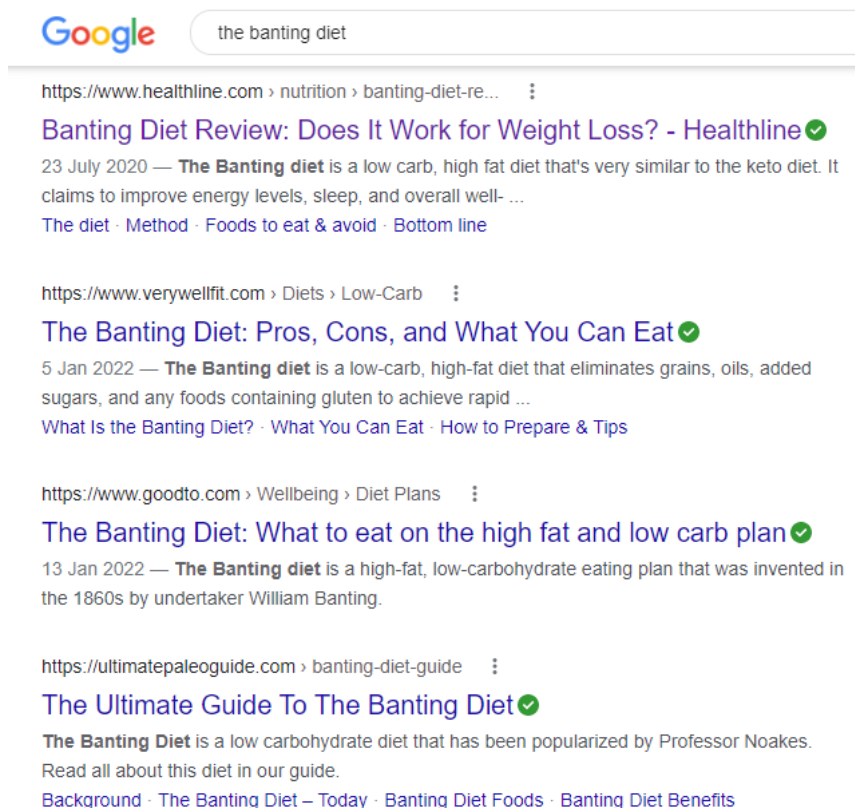
Dr Mark Hyman

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 (Part 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.

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	

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 (Part 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.

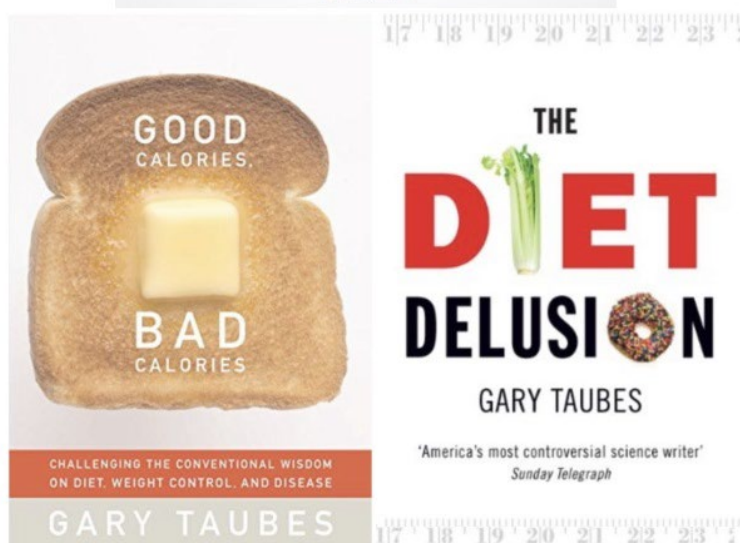
On the Good Calories, Bad Calories cover below, William still ate toast every day in his weight loss diet.

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

#kindlequotes



The True Banting Diet (Part 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)

Harvey concluded that Banting’s problems were caused by his obesity, for which he had a cure—a high-fat/ high-protein/ low-carbohydrate diet that could be eaten to the satisfaction of his appetite (see Figure 11 on page 119).

Tim Noakes
Challenging Beliefs: Memoirs of a Career

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

The key lay in the avoidance of carbohydrates: ‘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, tending to create fat and should be avoided altogether.’

Tim Noakes
Challenging Beliefs: Memoirs of a Career

He lost fifty pounds in a year and explained his system in a “Letter of Corpulence” (1865), which was a bestseller in its day. From the daily menus he gave in his book modern students have figured that he was taking in an average of 2800 calories a day.

Gardner Jameson, Elliott Williams
The Drinking Man’s Diet

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.

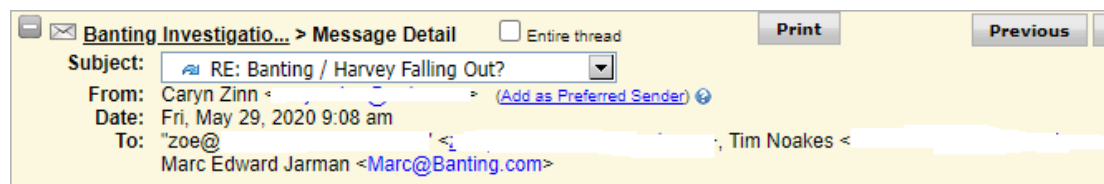
In the paragraph directly above the nutrition analysis in Dr Bray’s Classics in Obesity, he too uses the same words as Tim Noakes in image 1, “low-carbohydrate, high-protein, high-fat” (different order) to describe William’s significantly lower (than 2,800 Calories) 1,700 Calories a day diet, (possible 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 (Part 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.



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
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The True Banting Diet (Part 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

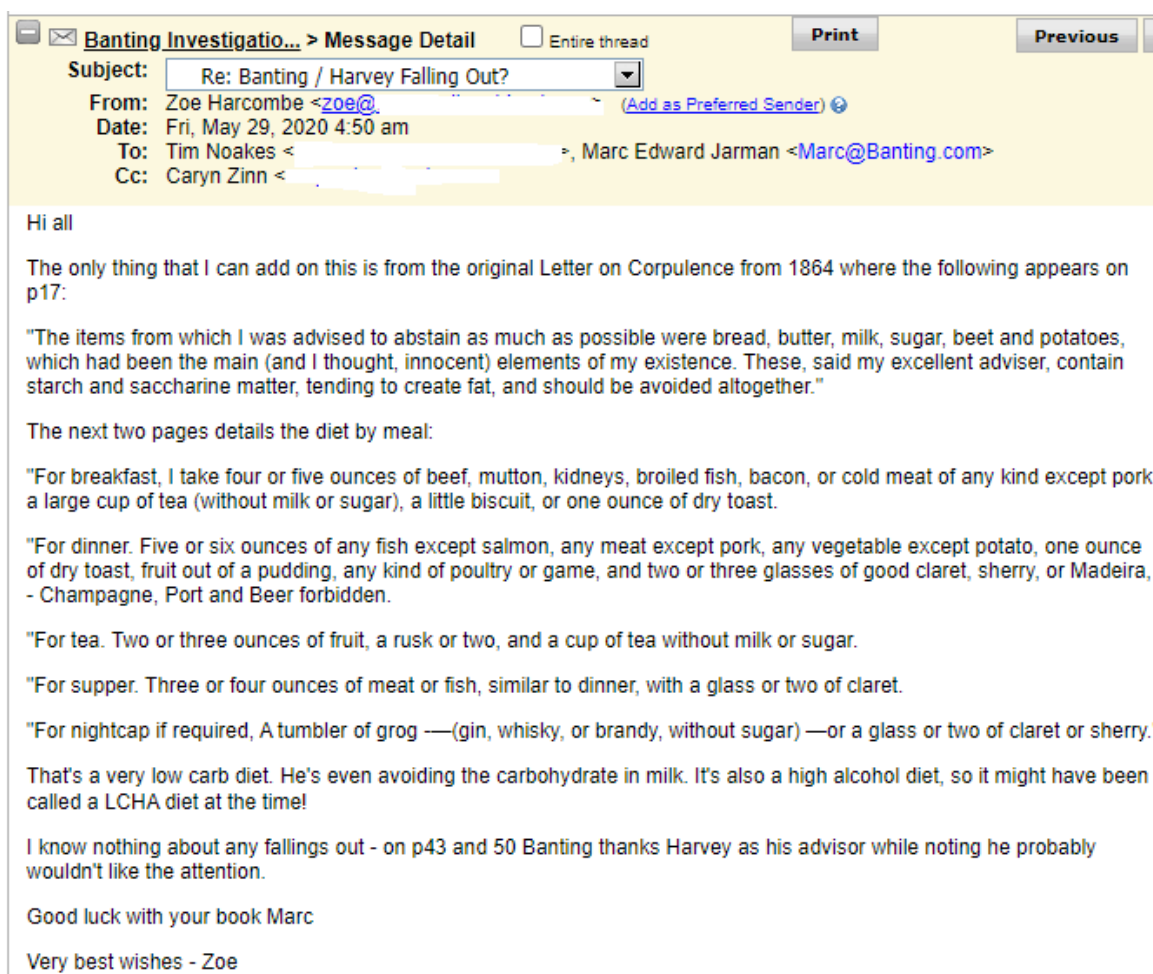
Regards

Caryn

CARYN ZINN PhD

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

The True Banting Diet (Part 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 (Part 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 Investigation...** > 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
Cc: "zoe@...", Tim Noakes

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 (Part 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, it was 200, having lost 2 → 91 kg				
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 (Part 1)

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

Subject:  Re: Banting / Harvey Falling Out?

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

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

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

Cc: Tim Noakes <[redacted]>

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@improvementaftermovement.com

Cc: Caryn Zinn <[redacted]>, Tim Noakes <[redacted]>

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 (Part 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.

I take the most agreeable
and savoury viands,
meat and game pies, that
my cook can concoct,
with the best possible
gravies, jellies, &c., the
fat being skimmed off

William Banting
Letter on Corpulence

#kindlequotes

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

1863

For dinner, five
or six ounces of
any fish except
salmon

William Banting
Letter On Corpulence

#kindlequotes

1869

For dinner, at 2.0
P.M., Five or six
ounces of any fish
except salmon,
herrings, or eels

William Banting
Letter on Corpulence

#kindlequotes

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 (Part 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

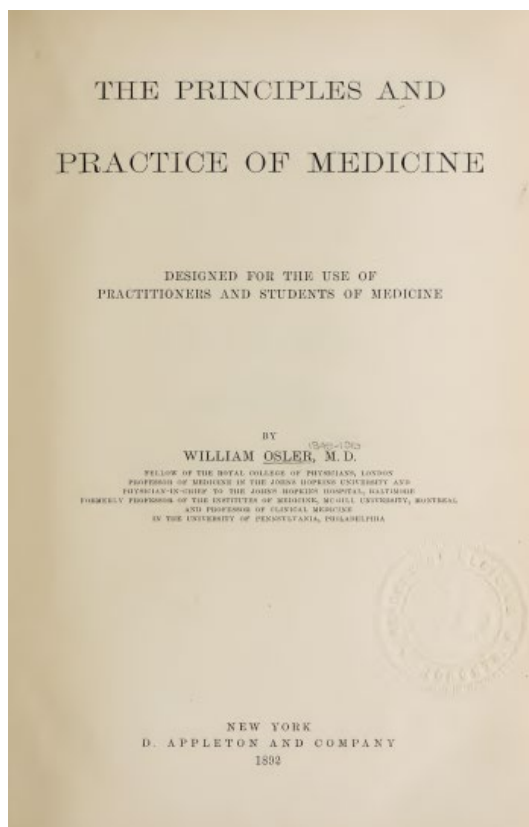
Alcohol: 1g x 7 = 7 Calories

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 (Part 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.

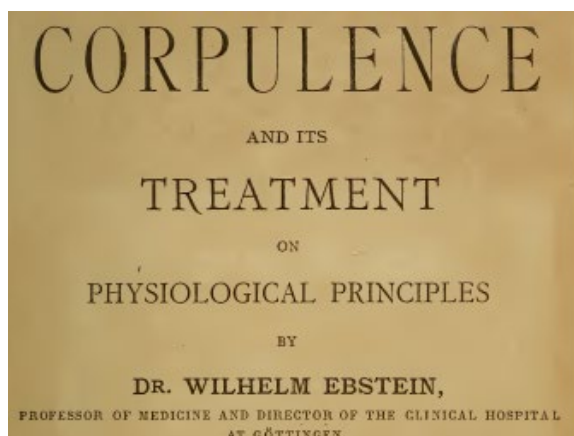
By the 1914 eighth edition of Sir William Osler’s medical textbook ‘Ebstein’ was removed completely from the Obesity treatment section. According to Dr Atkins, 1912 was the first heart attack in the US.

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 (Part 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.

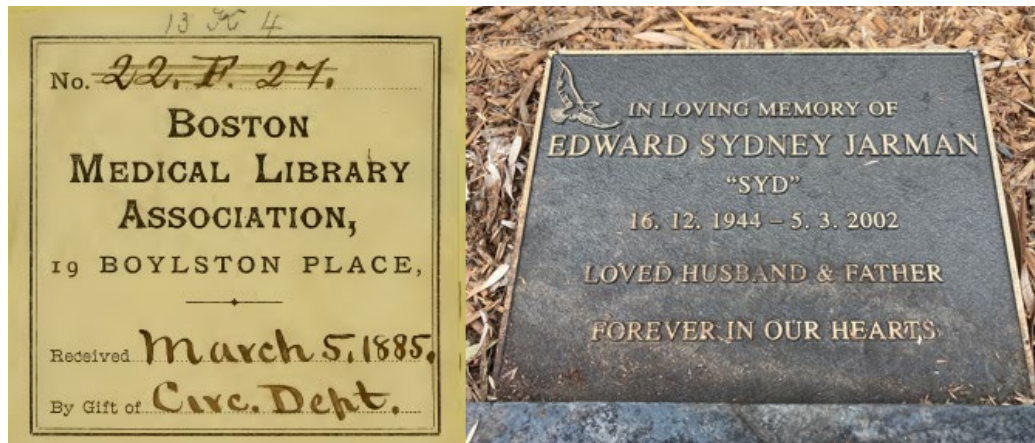
"fat in the flesh I do not wish to be avoided... but sought after... bacon fat, fat roast pork..." Dr Ebstein allowed 3 1/2 ounces (100g) a day of both bread and meat fat, and don't forget the "fat sauce" and "covered with butter" as outlined in Dr Osler's medical textbook.

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 (Part 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.



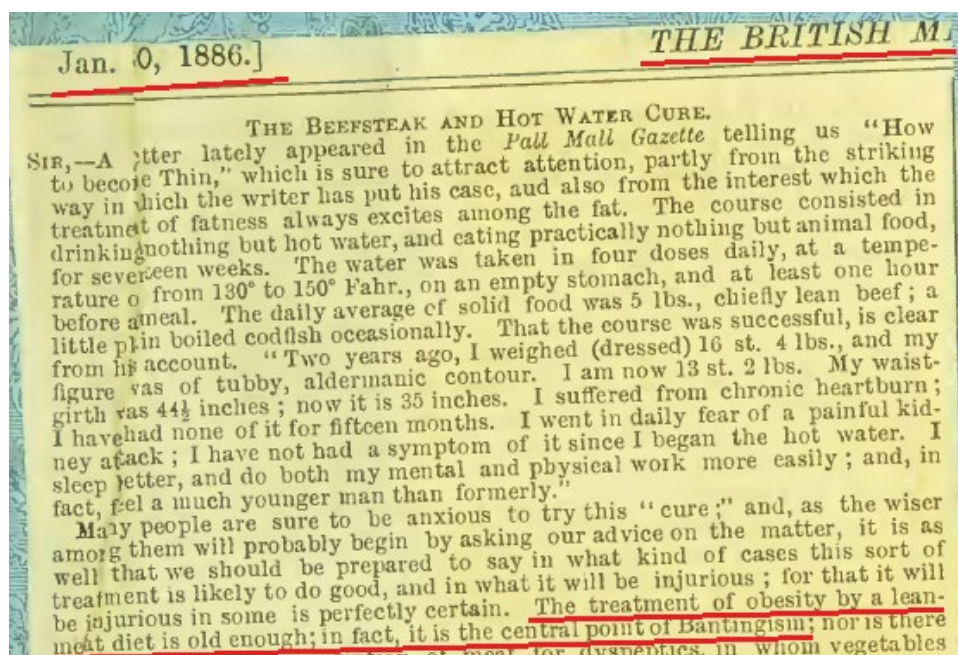
1. This is the inside cover of Dr Wilhelm Ebstein's Corpulence (Excess Weight) Treatment book from the previous page, all these historical books I refer to are on a great website called Archive.org

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 (Part 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."

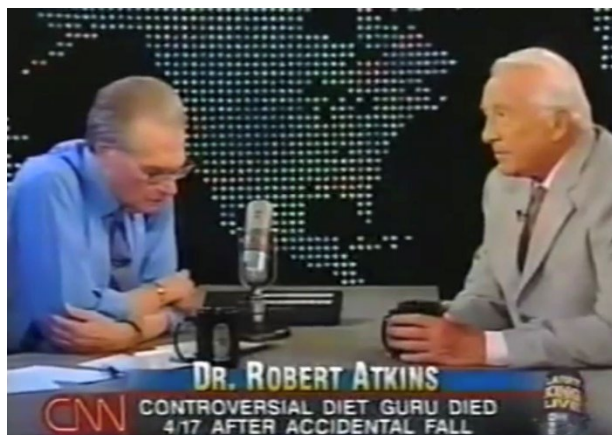
Dr Atkins comment that closes his Biography Channel documentary, (post death) "It is absolutely crystal clear that if I'm right, the rest of the world is wrong, and those two facts are both true."

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 (Part 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 (Part 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

26 th Aug	My weight on 26th August, 1862, was 202 lbs. 91.6 kg									
			← 90.7 kg	lbs.	kg	lbs.				
	On 7th September, it was 200, having lost 2 MONTH (ESTIMATE)									
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	
	9th November	„	„	190	86.2	3				

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 (I AM) Long Term Weight Loss Program.

The True Banting Diet (Part 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.

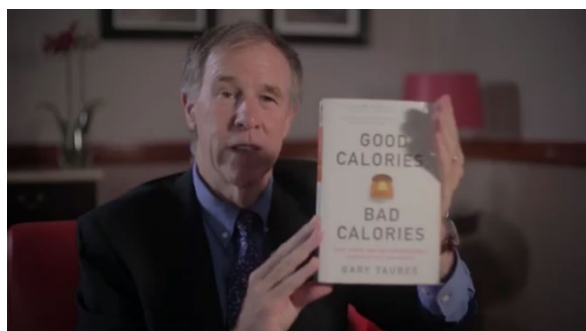
Dr Scher starts Gary's introduction, "today it's my pleasure to be joined by Gary Taubes, now Gary is

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 (Part 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 (Part 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.

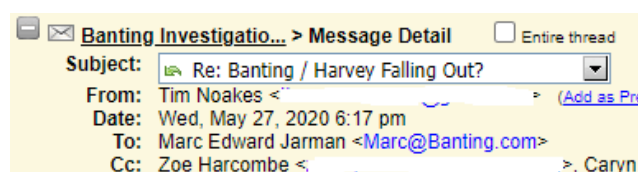
Cape Town is the home of 'Banting' as low-carb, high-fat diets are known in South Africa. It is where Professor Tim Noakes lives and from where he singlehandedly set off the Banting revolution in 2011.

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 (Part 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.

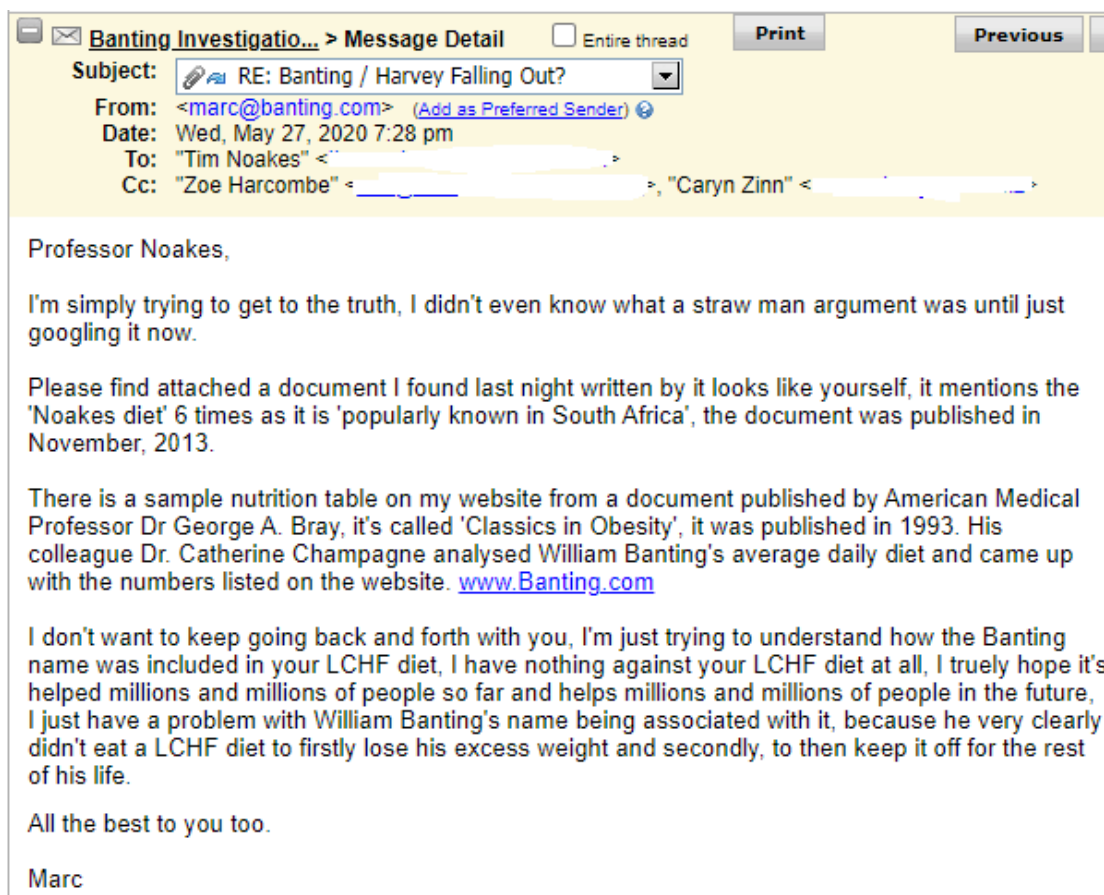
By the way, note that in my Tweet I put the words "falling out" in inverted commas. I would not have made it up. Somewhere I have read that Banting felt that Harvey had changed the diet and it had become less effective for him. The pressure on Harvey to change is described by Gary Taubes on page 319 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 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.

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



The True Banting Diet (Part 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,^[13] 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

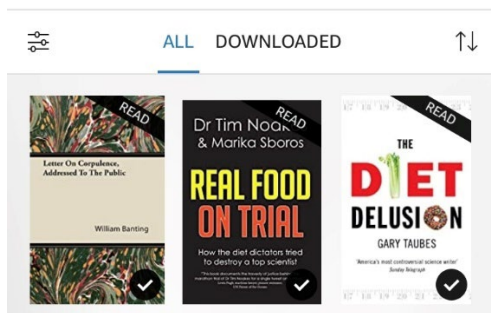
clindamycin. She was diagnosed with T2DM and treated with metformin.

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 (Part 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 long term 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
Carbohydrate.....	10	4	40
Protein.....	75	4	300
Fat.....	150	9	1,350
Alcohol.....	15	7	105
			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 (Part 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?

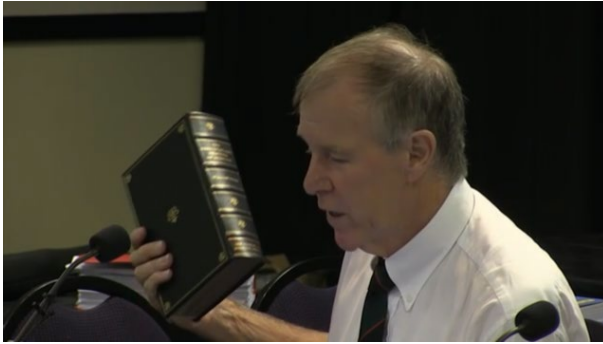
No. That’s a joke. You can’t predict accurately the absolute calorie content

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

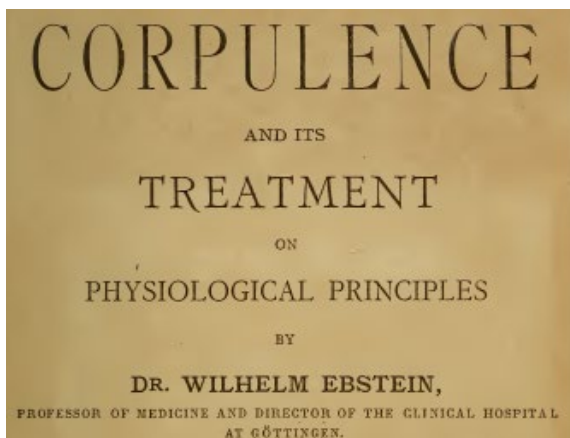
Banting demonstrated his diet to readers of his letter. And following that, I’ve found the Food Guide Pyramid to be a brilliant guide, after researching the USDA serving size weights, more on that soon.

The True Banting Diet (Part 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.

**FETTLEIBIGKEIT
(CORPULENZ)**

**DR. WILHELM
EBSTEIN.**

"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 . . . The permission to enjoy certain things, always of course in moderation, as for instance salmon, Pâté de Foie Gras and suchlike delicacies reconciles the corpulent gourmet to his other sacrifices (which) consist in the exclusion of carbohydrates. Sugar, sweets of all kinds, potatoes in every form I forbid unconditionally."

Published 1883. Pages 34-44.

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**NOAKES
FOUNDATION**

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 (Part 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

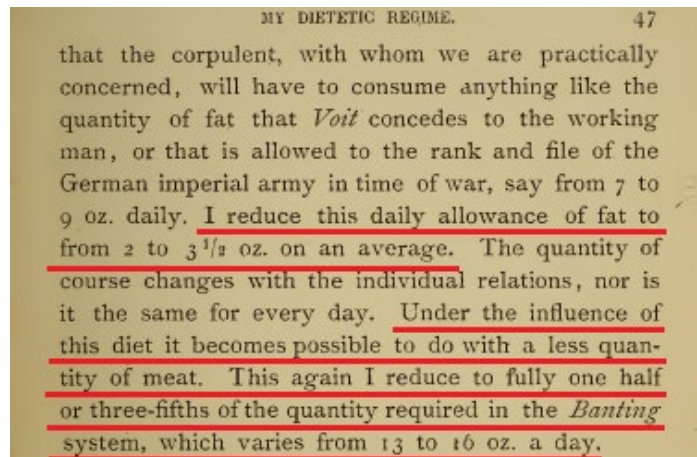
46

MY DIETETIC REGIME.

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 (Part 1)



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.”

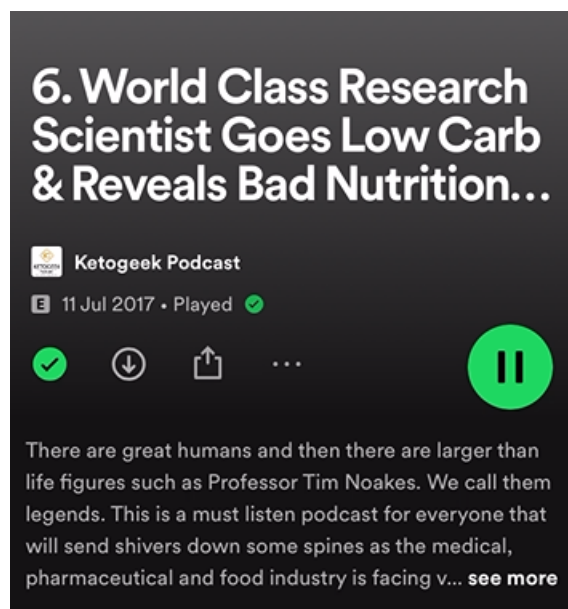
Tim says, “And in the textbook he describes the following, this is in the diet for the treatment of Obesity. Many plans,” Tim diverts, “now please understand, this is, he [Dr Osler] was the god of medicine in 1892, so this was the conventional advice in 1892, and he didn’t get sent before the HPCSA for 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 (Part 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.

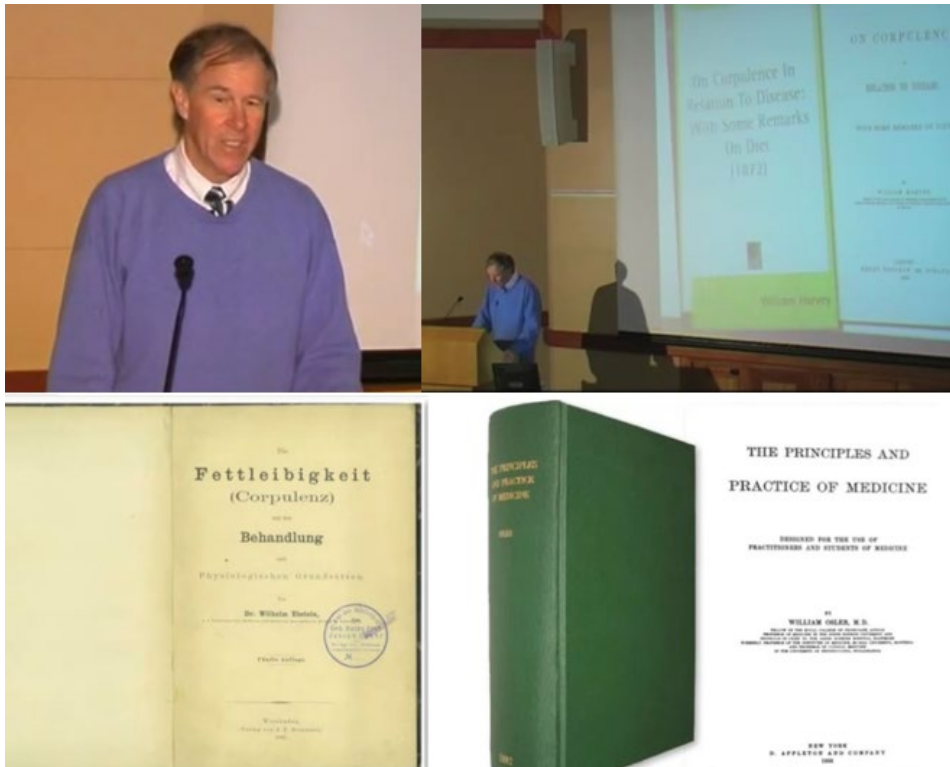
Tim: "... but the point you're missing is that this is the first diet ever described in 1862, (No it wasn't) the Banting diet was the first diet used for the treatment of obesity, it is the first diet described in William Osler's textbook, The Principles and Practise of Medicine, perhaps the greatest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

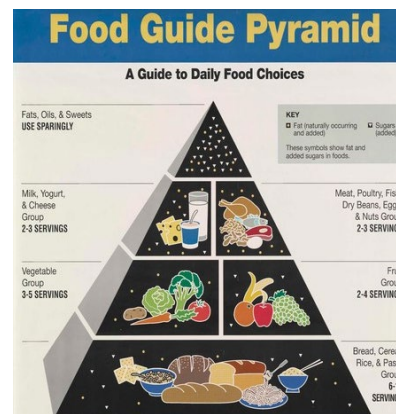
Dr Harvey's initial instructions to William were the instructions for a diabetic patient, William wasn't

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 (Part 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, long term 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 (Part 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 (Part 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.

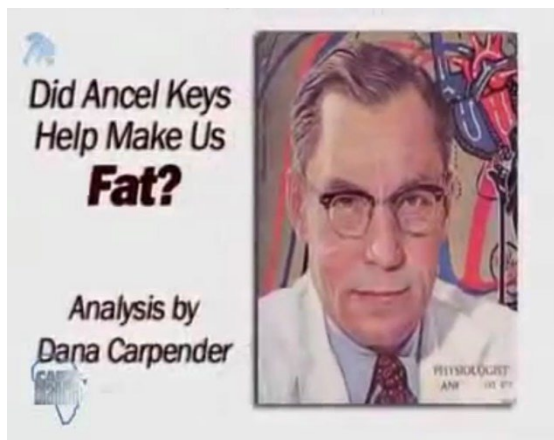
Search ‘Prof Tim Noakes on Carte Blanche’ on YouTube to watch it, it starts with Atkins, then Tim mentions incorrect William Banting history, saying,

“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 (Part 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 (Part 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.

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)

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

The True Banting Diet (Part 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 (Part 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

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).

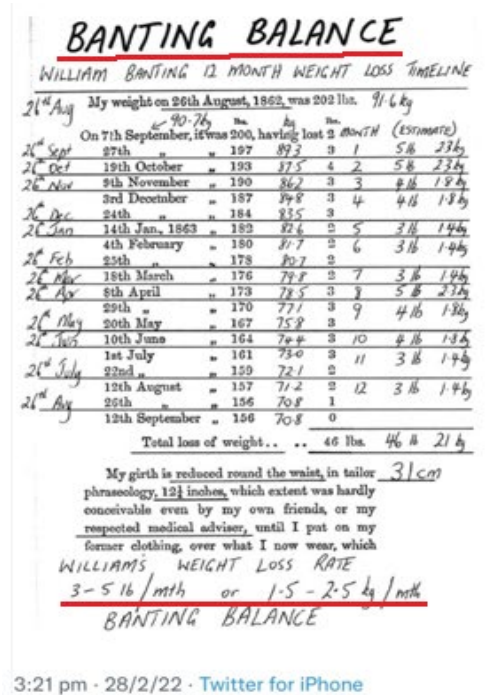


This interview with Tim, he said, was exactly 3 years to the day the Atkins diet email entered his inbox, (Dec 12, 2010) this interview was on Dec 12, 2013, their new book was released a month earlier, in Nov 2013, based on a misleading William Banting message, the book was written in just 6 weeks.

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 (Part 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)



No response



No response

The True Banting Diet (Part 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

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
WILLIAM BANTING 12 MONTH WEIGHT LOSS TIMELINE

My weight on 21st August, 1893, was 200 lbs. 91 1/2 lbs

On 7th September, 1893, having lost 2 stone (14 lbs) (estimate)

Date	Weight (lbs)	Carbs (g)	Fat (g)	Protein (g)
21st Aug	200	100	100	100
21st Sept	186	100	100	100
21st Oct	172	100	100	100
21st Nov	158	100	100	100
21st Dec	144	100	100	100
21st Jan	130	100	100	100
21st Feb	116	100	100	100
21st Mar	102	100	100	100
21st Apr	88	100	100	100
21st May	74	100	100	100
21st Jun	60	100	100	100
21st Jul	46	100	100	100

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 (Part 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 long term. 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/3pnHHHK>
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 (Part 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"?

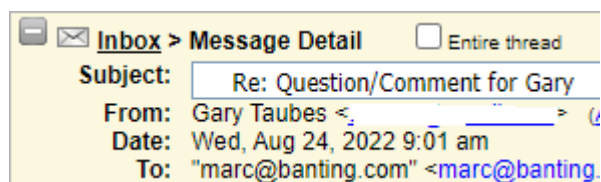
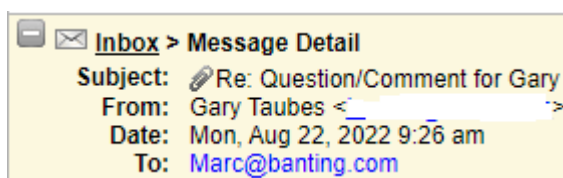
Myself, I always tend to say the words "falling out" whenever I use that expression, (not often) but in all of my Banting research over the past few years, which is a fair bit, I'm almost 100% certain I've only heard the words "fell out" said one other time away from Tim Noakes tweet (and follow up references 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

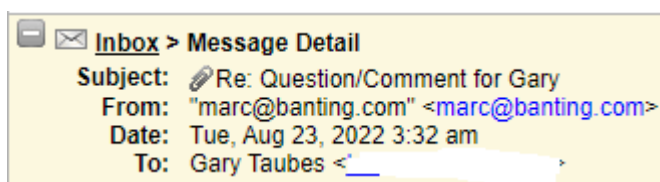
The True Banting Diet (Part 1)



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 (Part 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 (Part 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 (Part 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 (Part 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 (Part 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 Goût*, 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 (Part 1)

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

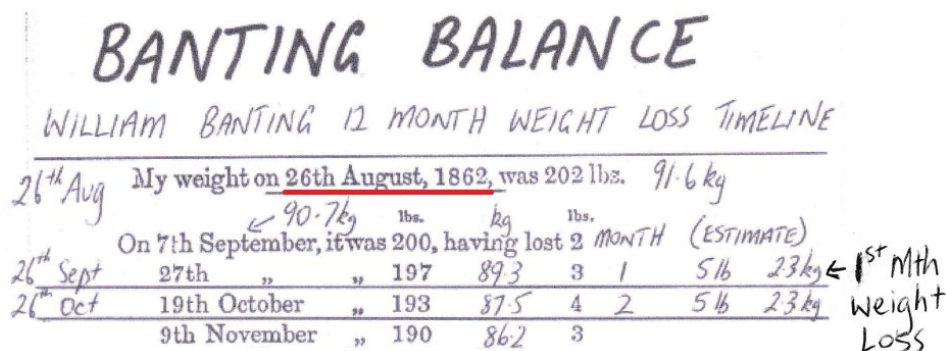
Where I was just mentioning the USDA Food Guide Pyramid, I only learned this month that the USDA, United States Department of Agriculture, (like William Banting's weight loss) started in 1862, by then US President Abraham Lincoln, here's a 2012 paragraph I read online about the USDA.

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

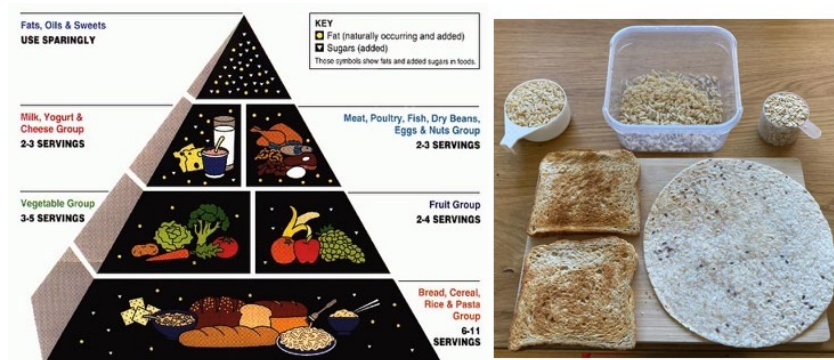


Home > Agriculture > [A Brief History of the United States Department of Agriculture \(USDA\)](#)

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 (Part 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 (Part 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 book 31 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".

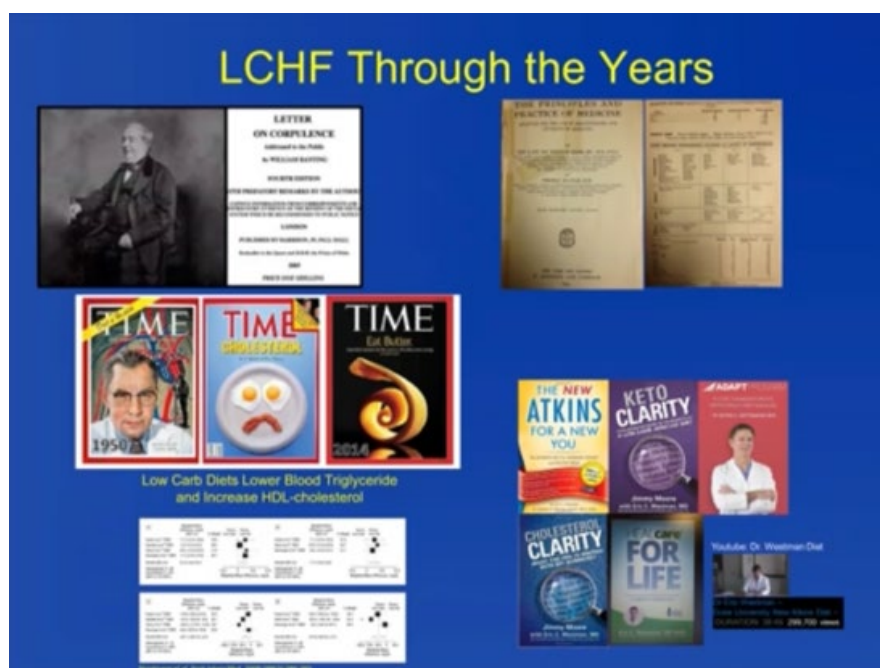
For anyone to say that William Banting's letter could lead to Eat Fat and Grow Slim, is misleading.

The True Banting Diet (Part 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.