



Low Carb High Fat **Lunch**

Rendezvous
HOTEL

SKIPTON'S FOOD REVOLUTION

Rendezvous Hotel @ Skipton

Wednesday 2nd August 2017

At 12pm for 12.30pm

***3 course Hot & Cold Buffett style lunch
for only £15 per person***

Join likeminded people for an afternoon full of revolutionary, tasty food based on LCHF diet. 3 course meal will be designed and prepared from ingredients sourced in Yorkshire (where possible) and selected to fit in with the latest thinking on Healthy Eating. **Bookings are essential.**



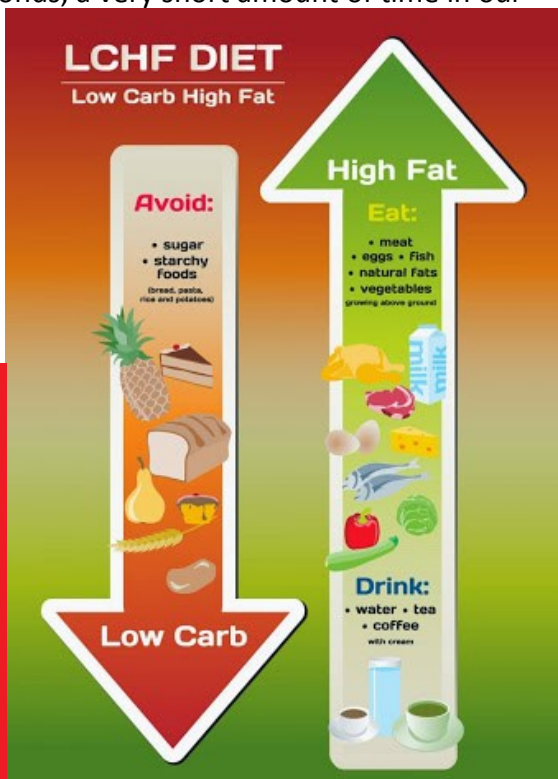
JOIN THE REVOLUTION!

For more information call
Agata @ Rendezvous on
01756 700 100

or e-mail
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skipton.com

What are we designed to eat?

Banting merely discovered what human beings were designed to eat: what early humans ate 200,000 years ago. Respected biologists, geneticists, paleoanthropologists and theorists believe that human genes have hardly changed since human beings began their journey on earth. If you could put the entire human history into one day, we have only been eating cereals and grains for five minutes and sugar for five seconds, a very short amount of time in our existence. After success experienced by William Banting on this low-carb, high-fat eating plan, the "banting" diet became the standard treatment for weight loss in all major European and North American medical schools. But in 1959 it was excluded from all the major medical and nutritional textbooks.



The Cholesterol Myth

The usual refrain of anyone looking at banting for the first time is "but what about my cholesterol?" There is much evidence to support the fact that cholesterol is not the culprit in heart disease. A bit like a policeman being at the scene of the crime being blamed for the crime – cholesterol will only adhere to a 'leaking' artery wall which is damaged by inflammation – to protect you. By living on carbs and sugar those arteries remain inflamed. Sugar is the most inflammatory thing you can put into your mouth, and will continue to rob you of perfect health. Grains are turned into sugar by the body. So a high carbohydrate diet will always foster inflammation in the body, not only in the arteries but the brain, liver, digestive tract and joints leading to many of the chronic diseases we see today which are supposedly 'incurable'. Many people report relief from all the above in a relatively short time after adopting the Banting lifestyle.