

WARNING TO THE BRIDE OF JESUS CHRIST

EXPOSING THE **KETO DIET**: AIDING **KUNDALINI** AWAKENING



Carbs = 5%
Protein = 20%
Fat = 75%

1 Peter 5:8: *“Be sober and vigilant, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”*

SHORT SUMMARY

The Keto diet (and other similar high fat and low carb diets):

- Changes your God-given metabolism and brain and neurological chemistry
- Helps the counterfeit holy spirit, Kundalini (that is latent in the sacrum/spine of every person due to the seed of Satan and the Nephilim in humans) to awaken;
- Assists the Kundalini to find its way through the body’s various energy centres (or chakras) in such a subtle way that the person would not even realise it;
- Eliminates the negative side-effects of Kundalini thereby giving the Kundalini fertile ground in the body’s neurological system to arise, gain strength and to ultimately cause the person to become “enlightened” (demonic oppression by the Kundalini);
- Cause you not to feel the Kundalini convulsions (i.e. Kriyas) and other warning signs of its awakening;
- Deceives people to think that their increased energy, feeling of overall bliss and health (whilst on the Keto diet) is something good whilst it actually comes from the awakened Kundalini in them;
- Even after the Keto diet, the awakened Kundalini will remain and, as the counterfeit holy spirit, will block the work of the true Holy Spirit of God in you and will prevent you from getting true healing and deliverance from God;
 - Lures people into falling for the counterfeit (i.e. Kundalini healing);
- **Is an end-time strategy of the enemy (Satan) to prepare the human race for the coming of the antichrist by creating the so-called “Merkabah” or “Light” body in them.**

Matthew 6:23: *“... If therefore the light that is in you is darkness, how great is that darkness.”*

Beloved Bride of Jesus Christ: Beware and stay away! You will not be able to say to your Bridegroom, Jesus Christ, that you have not been warned.”

1. INTRODUCTION

The so-called “Keto diet” (often combined with intermittent fasting) is taking the dietary and nutritional world by storm. People who are struggling with their weight are literally falling like flies for this diet that claims to “kick fat fast”. Even beautiful and devoted believers in Jesus Christ tend to immediately sign up for this diet without even stopping to consider what Jesus would say about it and whether it may not perhaps have negative spiritual consequences for them.

The reason for the success of this diet is that it appeals to the vanity of humankind and the desire of many people to be “good enough” and to be “accepted”. We live in a world that dictates that everybody should be as thin as a reed to be acceptable and many people idolise people such as Hollywood stars and other celebrities who portray an image of skinniness and perfection as the norm. This worldly viewpoint may also trap believers in Jesus Christ who are still struggling with feelings of low self-worth, inadequacy and a low self-image. To these believers, the Keto diet provides a “quick-fix” and may even seem like the answer to prayer...! Some may even go as far as to thank God publicly for it!

It also appeals to those who have been struggling with various infirmities for a very long time such as certain so-called incurable and auto-immune diseases including sugar diabetes, high blood pressure, osteo-arthritis, chronic inflammation etc.

To make the deception even greater (and more dangerous), it is often well-meaning believers in Jesus Christ that are promoting the diet, whilst even using Scripture (although often quoted out of context) to back up their arguments.

In this teaching, we will investigate the true biological and metabolic nature of the Keto diet as well as what it achieves (both physically, emotionally and spiritually), with specific reference to believers in Jesus Christ and the great danger and deception of Kundalini (i.e. the counterfeit holy spirit) in this “end-time” that we live in .

2. WHAT IS “KETO” OR THE “KETOGENIC DIET” AND HOW DOES IT WORK?

In order to understand how the Keto diet works, we should first look at a couple of definitions:

2.1 Ketones

Ketones is a chemical substance that the body produces when it breaks down fatty acids. The human body primarily gets its energy from glucose and the body uses primarily carbohydrates to produce glucose. When your body does not get enough carbohydrates in order to release glucose in the blood, it will eventually start to break down fats for energy with the result that ketones are released. When ketones build up in the body for a long time, it may result in serious illness or coma.¹

¹ www.medicinenet.com, www.healthline.com

2.2 A state of Ketosis

Ketosis is a metabolic state in the human body characterised by high levels of ketone bodies in the blood or urine. A person's metabolism would reach a state of ketosis when there is not enough glucose available (due to e.g. insufficient carbohydrates to break down) and the body then starts to break down fat. Ketones are a by-product of this process and are acids that build up in the blood and are eliminated in urine. These ketones then kick in as an alternative energy source for the body but also especially for the brain. In small amounts, they serve to indicate that the body is breaking down fat, but high levels of ketones can poison the body, leading to a process called ketoacidosis.²

It typically **takes** 2–4 days for your body to enter **ketosis** if you eat fewer than 50 grams of carbs per day. However, some people may **take** longer depending on factors like physical activity level, age, metabolism, and carb, fat, and protein intake.³

Signs that you are in a state of ketosis⁴ include bad breath, weight loss, increased ketones in the blood, increased ketones in breath or urine, appetite suppression, increased focus and energy, short-term fatigue, short term decreases in performance, digestive issues and insomnia.

When and during a period of fasting, ketosis naturally occurs but the human body is not naturally designed by God to be in a state of ketosis for long or indefinite periods of time.

2.3 Carbohydrates

Carbohydrates can be defined chemically as neutral compounds of carbon, hydrogen and oxygen. Carbohydrates come in simple forms such as sugars and in complex forms such as starches and fibre. The body breaks down most sugars and starches into glucose, a simple sugar that the body can use to feed its cells and thereby to provide energy to the body.⁵

Examples of foods in which you will typically find carbohydrates are:

- Dairy e.g. milk, yogurt, and ice cream
- Fruit e.g. whole fruit and fruit juice.
- Grains e.g. bread, rice, crackers, and cereal.
- Legumes e.g. beans and other plant-based proteins.

² Wikipedia, <https://www.medicalnewstoday.com/articles/180858.php#diet>

³ www.healthline.com

⁴ www.healthline.com

⁵ www.medicinenet.com

- Starchy vegetables e.g. potatoes and corn.
- Sugary sweets (limit these!)

2.4 The main food groups

All qualified nutritionists and dieticians will agree that the five (5) main food groups that the human body needs in order to maintain a healthy metabolism are the following:

1. Carbohydrates
2. Protein
3. Dairy products
4. Fruit and vegetables
5. Fats and sugars

They will also all agree that the body needs to be provided food from all five (5) food groups in the correct balance so as to stay healthy and to enjoy sustainable energy.

2.5 Intermittent fasting

Intermittent fasting, also known as intermittent energy restriction, is an umbrella term for various meal timing schedules that cycle between voluntary fasting and non-fasting over a given period.⁶

Typically, what the promoters of the Keto diet would advise their followers is that a person should eat during certain times of the day and then again fast during other times/periods in order to gain maximum benefit from the diet.

The ketogenic diet is basically a high-fat, adequate-protein, low-carbohydrate diet. The Keto diet thereby forces the body to burn fats rather than carbohydrates to provide it with energy.⁷

The promoters of the Keto diet however also often combine the diet with something called “intermittent fasting” and therefore we should also consider this aspect in the context of Keto.

In a person with a normal metabolism, carbohydrates contained in food are converted into glucose, which is then transported around the body as a source of energy and is particularly important in fueling brain function. However, if little carbohydrate



⁶ Wikipedia

⁷ Wikipedia

remains in the diet, the liver will start to convert fat into fatty acids and ketone bodies. The ketone bodies will then pass into the brain and replace glucose as an energy source to support brain function.⁸

An elevated level of ketone bodies in the blood leads to a metabolic state known as ketosis.

The Keto diet mainly differs from the Banting diet in that it strives to achieve a state of ketosis, whilst ketosis may only be a by-product of going Banting, depending on the quantities of fat as opposed to carbohydrates in the diet.⁹

3. WHERE DID THE KETO DIET HAVE ITS ORIGIN (I.E. WHERE DID IT START)?

Around 1921 a very low-carbohydrate, high-fat diet was first referred to as the "ketogenic diet" and it was used to describe a diet that produced a high level of ketone bodies in the blood through an excess of fat and lack of carbohydrate. Dr R M Wilder first tested this diet on a few of his epilepsy patients and from there the ketogenic diet became known as a treatment for epilepsy.¹⁰

4. THE KETO DIET AND EPILEPSY

Through this research of Dr. Wilder and his colleagues it was found that the Keto diet leads to a reduction in the frequency of epileptic seizures. Around half of children and young people with epilepsy, who have tried some form of this diet, saw the number of seizures drop by at least half, and the effect persists even after discontinuing the diet. Some evidence indicates that adults with epilepsy may benefit from the diet, and that a less strict regimen, such as a modified Atkins diet, is similarly effective.

It is therefore important to note that the Keto diet seems to be effective in controlling epileptic fits and seizures and we need to ask the question "why". In order to answer this question, we need to look at what "epilepsy" is and what "kindling" means in the context of epilepsy.

The Oxford dictionary defines "epilepsy" as:

"A neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain."

"Kindling" according to Wikipedia is *"a commonly used model for the development of seizures and epilepsy in which the duration and behavioural involvement of induced seizures increases after seizures are induced repeatedly. The word kindling is a metaphor: the increase in response to small stimuli is similar to the way small burning twigs can produce a large fire. It is used by scientists to study the effects of repeated*

⁸ Wikipedia

⁹ <https://paleopower.co.za/banting-vs-keto/>

¹⁰ https://en.wikipedia.org/wiki/Ketogenic_diet#Epilepsy

seizures on the brain. A seizure may increase the likelihood that more seizures will occur; an old saying in epilepsy research is "seizures beget seizures". Repeated stimulation "lowers the threshold" for more seizures to occur."

Ward Dean M. D. a qualified medical doctor and internist (but also a New Ager that is well-acquainted with the Kundalini) writes in his article ***"The biology of Kundalini, A Science and Protocol of Spiritual Alchemy"***¹¹ that "kindling" in the context of epilepsy means that the first seizure will make it more likely that future seizures will occur. He says further that the word "kindling" was chosen in order to describe what happens in the brain when a person suffers from epilepsy since the process in the brain may be likened to a log fire. While the log itself is very hard to set afire in the first place, when surrounded by smaller pieces of wood that are kindling, soon the log itself will catch fire. Therefore, the more epileptic seizures a person gets, the harder it would become to treat each subsequent episode. It may therefore be compared with a fire that starts with one single spark but there after becomes a wildfire. At the spark stage it may still be easy to put out but once it has become a wildfire, it will be much harder to put out.

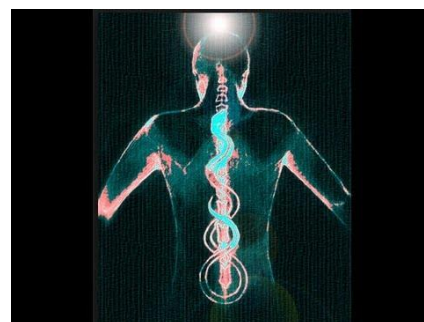
Now for the important thing: Dean says in the same article that the awakening process of the Kundalini has elements similar than the "kindling" phenomena in epilepsy since the Kundalini in its various stages of awakening gives rise to convulsion-like phenomena similar than epileptic seizures (referred to as "Kriyas" in some of the eastern religions).

Therefore, it is then very important in the context of the Keto diet that we should also investigate the spiritual phenomenon of Kundalini and the process of its awakening in the human body.

5. KUNDALINI

5.1 What is Kundalini?

The Kundalini is not (as some eastern religions and many others in the occult believe) a "life force" or a mere "energy" inherent in each human being that must be released and cultivated in order to reach your true and full potential. The Kundalini is an evil spirit (demon) of very high authority since it is a ruler of darkness in the spirit world. This Kundalini in its essence is the enemy's counterfeit of the Holy Spirit of the triune God of the Bible (Father, Son Jesus Christ and Holy Spirit). It is therefore part of the false trinity or the unholy trinity of Satan.



The Kundalini's demonic function in human beings is basically to counterfeit and thereby to oppose the working of the true Holy Spirit of God. It deceives people and would want to block or prevent their inner healing and deliverance by the power of

¹¹ <https://biologyofkundalini.com/article.php@story=KindlingEffect.html>

the true Holy Spirit. It would therefore definitely also veil people for the truth and would try to close their spiritual eyes and ears and to block their discernment. If you therefore experience irritation, sleepiness or an uneasiness when you read this teaching, you may know for sure that it is the Kundalini and its demonic allies (probably also Lilith) that try to prevent you from hearing the truth of God. We would therefore advise believers in Jesus Christ to first bind Kundalini in the name of Jesus Christ and to ask the Holy Spirit to remove the spiritual veil, before you read any further.

5.2 NB: Does everyone have a Kundalini?



Now this is NB: Each human being on earth is born with the spiritual seed of this counterfeit holy spirit due to the seed of Satan and the Nephilim in the human race¹². This spiritual seed or (as some describe it in its manifest state) snakelike demon lies dormant at the base of the human spine (in the sacrum) and waits for the opportune time to “awaken”.

The strategy of the enemy (Satan) with each human being on earth (including believers in Jesus Christ) is that their Kundalini should be awakened and fully activated so that they will be fully receptive for the end-time plans and strategies of the enemy, including the coming of the antichrist. A fully awakened Kundalini results in the so-called “Merkabah Body” in human beings which means a state of complete “enlightenment” (the demonic counterfeit of the true Light of Jesus Christ that is received when a believer becomes reborn in Jesus and is baptised with the Holy Spirit).

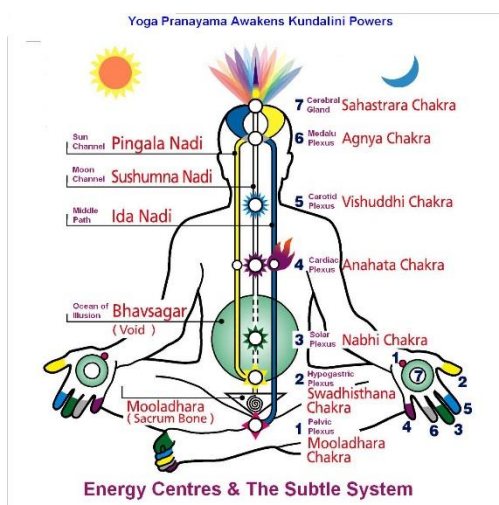
We have learned in our ministry that the levels of Kundalini contamination on a spiritual level but also on soul and body level due to the seed of Satan and the Nephilim in human beings goes much deeper than what we initially thought. No believer in Jesus Christ should therefore (simply because he or she has had some deliverance concerning Kundalini in the past) think that he or she no longer has the Kundalini or that its seed is eliminated in them. You should therefore still be sober and vigilant and should still heed to the warning in this teaching.

For more information about the Kundalini, refer to our complete teaching about Kundalini called “*Kundalini awareness*” on our website¹³ as well as our DVD (highly recommended) with the same title.

¹² Please study our teaching on our web page (www.ignitedinchrist.org) called *Impact of the seed of Satan and of the nephilim on the human race*.

¹³ www.ignitedinchrist.org

5.3 What is Kundalini awakening?



The Kundalini is a snake-like demon and when awakened it starts to move up the human spine and through the various chakras (energy-centres) of the body until it reaches the crown chakra. When this has happened and the third eye of the person has been opened, the Kundalini would be fully “awake”, and the person would become “enlightened” (completely oppressed by the Kundalini).

According to many people whose Kundalini has already been activated, the process of

Kundalini awakening (if not carefully done under the guidance of an eastern guru or yogi) may be extremely painful and uncomfortable. To a devoted believer in Jesus Christ it may even be more traumatic and even embarrassing (because of the kriyas associated with Kundalini awakening that looks very similar than epileptic seizures and convulsions). The Kundalini awakening process may therefore be sure signs to a believer in Jesus Christ of demonic oppression. Most believers would then probably realise that he/she needs to be delivered from this demon.

People (especially believers in Jesus Christ) whose Kundalini has started to awaken, may experience the following¹⁴ traumatic and even painful symptoms:

Physical level:

- Headache, like an acid-rain (burning sensation) in your head;
- Hallucinations;
- Increased heart rate;
- Respiratory problems;
- Fever or chills;
- Sudden pain and discomfort in the areas of the various chakras (including back pain) as the Kundalini tries to force its way upward through the spinal cord towards the crown;
- Sudden limb movements (Kriyas like seizures) which, to people who do not understand what it is, may seem similar than an epileptic fit; and
- Chronic shivering and a sensation that feels like electricity running up and down the spine (vibrating, shaking, trembling) etc.

Mental/emotional:

- Intense fear and/or paranoia;
- Anxiety and sleeplessness;

¹⁴ Kundalini awakening symptoms and dangers, <https://www.gaia.com/article/kundalini-awakening-signs>

- Bipolar mood, even suicidal;
- Spontaneous out of body experience (that may eventually lead to the ability to astral travel!);
- Deregulation of thoughts;
- Unexpected trance-like states; and
- Altered states of consciousness.

These physical and other symptoms of Kundalini awakening (if not for the Keto diet) will be extremely traumatic, especially to believers in Jesus Christ who would then start to realise that something may be wrong and that they probably need deliverance.

6. HOW DOES KETO AID THE KUNDALINI IN ITS AWAKENING?

In answering this question, we first look at the effect that the Keto diet (and other similar high-fat and low carb diets) have on the brain and the central nervous system of a human being.

As mentioned above, the Ketogenic or high-fat diet was found to reduce epileptic seizures by a 50 to 70%. Ward Dean¹⁵ explains that the reason why the Keto diet controls epilepsy is that the diet alters the energy form (fuel) of the brain (i.e. glucose is replaced by ketones). The reduction of glutamate (an energy transmitter) in the brain by the ketone bodies therefore reduces the evoking and repetition of the convulsions associated with epilepsy.

Dean says that one of the conditions in the physical body of a human being that would be required for the initiation of the Kundalini includes hyperactivation of the sympathetic nervous system (adrenaline, norepinephrine).¹⁶ The sympathetic nervous system is a part of the nervous system that serves to accelerate the heart rate, constrict blood vessels, and raise blood pressure¹⁷.

During a kundalini awakening, the body is in a mode of hyper-energy generation. The cells of the body are producing more energy and this extra cellular energy in the nerves causes the sympathetic nervous system to be in hyperdrive.¹⁸

He then advises his followers that by reducing carbohydrates in their diet, Kundalini will be able to receive the required energy according to its increased demand (to increase its “fire”) but that the negative side-effects of Kundalini will be greatly subdued (similar to the positive effect that the diet has on people suffering from epilepsy!). He therefore acknowledges that the Keto diet does not only “work” for

¹⁵ *The Biology of Kundalini, A Science and Protocol of Spiritual Alchemy*

¹⁶ Ward Dean (an internist in Pensacola, Florida who received his medical degree from Hanyang University College of Medicine and has been in practice for more than 20 years, but also a New Ager) - “*The Biology of Kundalini, A Science and Protocol of Spiritual Alchemy*”, <https://biologyofkundalini.com/article.php@story=KindlingEffect.html>

¹⁷ The sympathetic nervous system and the parasympathetic nervous system constitute the autonomic nervous system (www.medicinenet.com).

¹⁸ Ward Dean

people suffering from epilepsy and other neuro-diseases (seizure, psychosis, bipolar depression etc.) but also for people going through Kundalini awakenings!¹⁹

This conclusion of Dean is confirmed and even taken one step further in an article called ***“The secret fire of the ancients”***²⁰ where a certain spiritual medium²¹ writes that the Kundalini may be awakened, and enlightenment can be achieved through fasting. However, the medium admits that fasting is difficult and puts stress on the body. According to the medium, the ketogenic diet keeps the person in a permanently fasted state. He goes further to say that this is the state in which our prehistoric ancestors were in, most of the time, and is the “secret to paradise”. Then he (the medium) goes further and says: ***“The Secret Fire (i.e. the Kundalini) is none other than our fat-burning metabolism reborn. Our primal metabolism and our primal nervous system restored to full health.”*** By this statement, the medium therefore also confirms, in so many words, that there is a direct correlation between a fat-burning ketogenic diet and the awakening of the Kundalini!!!

In someone’s new age blog on the internet²² it is said that ***“through eating high prana (Kundalini)²³ foods, eating lightly, and fasting periodically, we become better superconductors (or energy transmitters) and therefore we enhance the efficient use of energy in the system (Kundalini system) for our transcendence (Kundalini awakening)²⁴”***.

As one would say in a court of law after conclusive evidence was rendered to prove a case: ***“You’re honour, I rest my case!”***.

7. THE ROLE OF FASTING IN THE KETO AND OTHER SIMILAR DIETS

It is a well-known fact that Kundalini Yogis encourage their followers to fast regularly because it allows the Kundalini spirit to traverse (i.e. travel across) the various chakras (energy centres of the human body) and to connect with the “eternal consciousness” (Kundalini awakening). The regular fasting therefore allows Kundalini energy to flow through the body without hindrance.²⁵

Whenever the Keto diet is therefore combined with intermittent fasting, this actually proves that the Keto is much, much more than only a diet but is elevated to a lifestyle with the aim and intention to create fertile ground in the human body (and soul) for a

¹⁹ Ward Dean

²⁰ <https://medium.com/forbidden-realms/the-secret-fire-of-the-ancients-cfba326dd84>

²¹ A medium is someone who communicates with evil spirits and mediumship is known as spirit-channelling. Wikipedia

²² Gabriel Cousen – <http://treeoflifecenterus.com/nutrition-kundalini-and-transcendence/>

²³ Prana is another word for the Kundalini or so-called “life force”.

²⁴ Transcendence means “existence or experience beyond the normal or physical level” therefore pointing towards the awakening of the Kundalini (Oxford Dictionary).

²⁵ <https://www.gaia.com/article/intermittent-fasting-the-benefits-trends-spirituality-dangers>

spiritual awakening that is not from the true God of the Bible but from the counterfeit god (i.e. Satan or Lucifer).

8. WHAT DOES THE WORD OF GOD SAY?

8.1 Not what goes into the mouth but what comes out defiles a man

Jesus Himself said in Matthew 15:11 and onward that the believers of His time should stop arguing about food and especially about eating with unwashed hands. Although these words of Jesus were in the context of unwashed hands and not of eating various foods, we should look at the principle behind it. Jesus says that it is not what goes into our mouths (that should then include food) that defiles us (i.e. makes us unclean, taints us, spoils us) but rather that which comes out of the mouth from the heart (Mat. 15:18).

Our “hearts” in this context refers to our spirits and by this Jesus explains that the root cause of any defilement whether in spirit, soul or body always has a spiritual origin and can be traced back to sin (either our own sin or the sin of our ancestors). God created our bodies, souls and spirits in order to be able to have unhindered communion with Him and He calls us to holiness but by this piece of Scripture. He makes it clear that our holiness is not to be found in what goes into the mouth but rather in looking for the spiritual root behind the problem and by allowing Him to wash us with His blood from all sin and iniquity (that includes the unrepented sin and iniquity of our ancestors).

All illness and infirmities therefore have a spiritual root and will not be cured or healed simply by eating “correctly”. We should repent for our sins and the sins of our ancestors and should thereafter seek inner healing and deliverance from demonic oppression. Only the blood of Jesus and the power of the Holy Spirit is able to heal us in spirit, soul and body.

8.2 Is there any Scripture in the Bible that would justify cutting out any particular food group (such as carbohydrates) from our diets?

No. We have not been able to find any Scriptures that would validate or justify this. To the contrary, we find many scriptures in the Bible that show to the contrary in that:

- God gave His people (the Israelites) in the desert both quail (meat) and manna (the equivalent of bread, being carbohydrates);
- When Jesus Himself fed the multitudes, He did it by multiplying the bread and the fish²⁶;
- Jesus refers to healing and deliverance by the power of the Holy Spirit as “*the children’s bread*”²⁷;
- Jesus and His disciples, when they got hungry walked through the fields and picked up wheat kernels to eat;

²⁶ Mar. 6

²⁷ Mat. 7:27

- Jesus said that man will not live from bread alone but from every Word of God²⁸;
- Jesus prepared fish and bread for His disciples after He was raised from the dead²⁹;
- In the Lord's prayer there is a reference to "*give us today our daily bread*"³⁰;
- Jesus says that He is the bread of life and who ever eats from Him will live eternally³¹; and
- Holy communion (instituted by Jesus) consists of both wine and bread. The wine a symbol of Jesus' blood and the bread of His body that was crucified³² etc.

So, we may go on and on and on ... There are many more references to carbohydrates and specifically bread, wheat etc. in the Bible. Not once did Jesus tell His disciples to cut any food group from their diets.

8.3 Outer beauty *versus* inward beauty

In 1 Peter 3 verses 3 and 4 Peter warns the woman believers of his time:

"Do not let your adornment be merely outward rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of the Lord."

This over-emphasising in our day and age of being thin and "perfect" outwardly in order to be acceptable in the eyes of the world is not from God. To the contrary, according to God's Word, we should rather seek incorruptible spiritual beauty first, since this is most important in the eyes of our Lord and Saviour Jesus Christ.

8.4 End-time deception including to abstain from certain foods

Lastly and perhaps most importantly, Timothy warns (under guidance of the Holy Spirit) in 1 Tim. 4 verses 1 to 4 that:

*"In the latter times some will depart from the faith, **giving heed to deceiving spirits and doctrines of demons.... and commanding to abstain from foods which God created to be received with thanksgiving** by those who believe and know the truth. For every creature of God is good, and **nothing is to be refused if it is received with thanksgiving, for it is sanctified by the word of God and prayer.**"*

²⁸ Luke 4:4

²⁹ John 21:13

³⁰ Mat. 6:11

³¹ John 6:33; John 6:35; John 6:48; John 6:51 and 58

³² Mat. 26:26

9. THE DECEPTION (i.e. LIES) INHERENT IN KETO

9.1 Eating as our “Paleo ancestors” did

Promoters of the Keto and other similar diets would usually say that this way of eating is in accordance with the way our “Paleo ancestors” (i.e. the cavemen) ate. This is a lie. We as Christians should know that evolution is a lie and that the Bible is the only truth. According to the Bible, Adam and Eve was allowed by God to eat from every tree in the Garden of Eden except from the Tree of Knowledge of Good and Evil³³. They were therefore allowed to eat any plant material (from any tree) without any restriction. Before the Fall death did not yet exist on earth, so it may safely be assumed that Adam and Eve did not eat any meat.

However, after the Fall when God sent Adam and Eve out of the Garden, He said specifically that they shall eat the herbs of the field and that they will eat bread³⁴. After the Fall it also soon became evident that the earliest people ate both fruit and other plant material as well as meat since Kain and Abel both brought an offering to the Lord³⁵, Abel of the firstborn of his flock and of their fat and Cain of the fruit of the ground. Abel’s offer (of meat and fat) was accepted by the Lord but that does not mean that God rejected the fruit, rather it was Cain’s heart and attitude that was not right before the Lord.

After the great flood when God blessed Noah and his sons and commanded them to be fruitful and multiply and fill the earth, God said in Genesis 9:3: *“Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.”* This verse is also clearly against the “vegan” movement that proclaims that we should only eat plant material and not anything that comes from animals. To be “vegan” is also clearly against God’s Word and is part of the New Age movement and strategy.

God also gave the Israelites in the desert both manna and quail. Manna was meant by God to be “bread” from heaven pointing to Jesus who would also come from Heaven to feed us with His Word and give us eternal life.

9.2 To follow a high-fat diet is Biblical

Yes, fat as part of a balanced diet is good for us and there is indeed Scripture that says you will live off the fat of the land but this Scripture is often misinterpreted.

When Joseph said to his brothers in Genesis 45:18 that they should bring their father and come to him in Egypt, he promised them: *“I will give you the best of the land of Egypt, and you will eat the fat of the land”*. He however meant that they will be able to enjoy the best of what Egypt has to offer and that they will be saved from the drought and famine. He did not literally mean you will eat fat in huge and unbalanced quantities.

³³ Genesis 1:29 and Genesis 2:9

³⁴ Genesis 3:19

³⁵ Genesis 4: 3 & 4

9.3 Keto makes you feel great

Many promoters and followers of the Keto diet will testify that they feel great in all respects, have lots of energy and that, since they started with the Keto diet, have been healed of various infirmities (even so-called incurable and auto-immune diseases including mental illnesses).

This is perhaps the greatest and most dangerous deception of Keto in that people will obviously want to follow this diet if it makes them feel this great and give them relief of various forms of illness, pain and discomfort. However, remember that Kundalini is a counterfeit for the true Holy Spirit of God and that Kundalini can also heal and provide you with energy³⁶.

People whose Kundalini is fully awakened will testify of much the same things than the followers of Keto namely that they have lots of energy, a feeling of “absolute bliss” and that many bodily illnesses and infirmities are seemingly cured. They would also say that they feel spiritually alive and so much more in tune with “god”. The deception is that they have become spiritually enlightened by the Kundalini and are actually in tune with the counterfeit god (i.e. Lucifer).

9.4 Food heals us (and not the power and the blood of Jesus Christ)

The promoters of this diet claim that people get healed of all sorts of infirmities when following this diet. This essentially boils down to the lie that sickness comes from the wrong eating habits and not from sin. The other way to put this is that simply by eating correctly we may be healed and not by faith in God. Another angle to the argument in support of Keto may be that God created food for our bodies to have healing qualities but only if we should learn to eat correctly. This argument is also against Scripture since Jesus said: *“By my stripes you are healed.”* This means that salvation, healing and deliverance is made possible by the death and resurrection of Jesus Christ and through faith in Him and the power of His blood only. True healing and deliverance come only by faith in Jesus Christ and from applying His blood by inner healing and deliverance from demonic oppression!

9.5 We should not judge people on Keto

People who promote the Keto and other similar diets will often quote Romans 14 to you where Paul says that believers should not judge one another according to what they choose to eat or not but that they should accept each other in love and let God be the judge. They proclaim that if whatever is done is done in faith, we should not judge one another. We should however read these Scriptures in context and that is that believers were arguing in Paul’s time about whether one should eat meat or drink wine or whether one should only eat vegetables etc. In this context Paul is correct by saying that the Kingdom of God is not about eat or drink and that no food is (in itself) unholy. Please discern the difference between the discussion in Paul’s time in Romans

³⁶ Refer to our DVD *“Kundalini Warning”* on our webpage www.ignitedinchrist.org

14 and the discussion in this teaching. It was not in Romans 14 about cutting any particular food group out of one's diet and over-emphasising another food group to thereby change your body's natural metabolism, it was simply about the preference (or not) of various types of food and drink (NB: not about complete food groups).

Paul is correct in that we should not judge people since only God is the judge but that means that we may not say e.g. that anybody who is on the Keto diet will not be saved and will go to hell. That is judging. This is not what we do in this teaching. We are not condemning or judging any person or their faith in Jesus Christ.

We are merely judging the Keto diet by weighing it against the truth of God's Word and by investigating the spiritual and other consequences of it. We are therefore simply blowing the rams horn or shofar³⁷ to warn the children of God about a strategy from the enemy through the Keto and other similar diets that would make them vulnerable and susceptible for Kundalini awakening.

10. FASTING – WHAT DID JESUS SAY?

The promoters of the Keto diet also promote the practise of "intermittent fasting". Believers are also easily deceived by this to think that this fasting practice will now make them more spiritual or will bring them into right standing with God.

Let us look at what Jesus Himself said about fasting:

Luke 5: 33 to 35: *"Then they (the people) said to Him (Jesus), Why do the disciples of John fast often, and make prayers, and likewise those of the Pharisees; but Yours eat and drink? And He said to them, Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come, when the bridegroom will be taken away from them; then they will fast in those days."*

Jesus therefore said that fasting is not necessary when we have close intimacy with Him, and He is with us. Just before He ascended to Heaven, He promised His disciples that He would not leave them behind as orphans but that He will send the Holy Spirit to be with them. Every reborn believer in Jesus Christ has the Holy Spirit inside of him or her and should have been baptised also with the Holy Spirit. Jesus said that He is "*Immanuel*" meaning "*God with us*". So, if we then have close intimacy with our Bridegroom Jesus Christ by way of the Holy Spirit, why then should we fast?

We do not say that there is no place for fasting in a believer's spiritual walk with Jesus, especially when the Holy Spirit has prompted you to fast on an occasional basis in combination with prayer and for a specific purpose.

We should however be careful that fasting does not become a mere religious work by which we strive to become more spiritual by way of our own efforts and therefore

³⁷ Ezekiel 33

bring ourselves again under a yoke of the law. Jesus has paid with His blood on the cross for us to be set free from the law and religious works.

11. THE IDOLATRY INHERENT IN KETO AND OTHER SIMILAR DIETS

In order to consider whether there is any idolatry inherent in Keto we need to ask what idolatry truly means. Idolatry is when we would put anything or anyone in our lives above God and knowingly or unknowingly start to follow, worship or idolise it.

Jesus came to set us free from the law in that we are saved based on our faith alone. The law however still stands and has become spiritually engraved on the tablets of our hearts (our spirits) when we were reborn. Idolatry is therefore still a sin and God still hates sin. If we should unknowingly start to follow an idol and we still also believe in Jesus Christ as our Saviour, it would not necessarily mean that we are no longer saved but it would open up doors in the spirit by which the enemy will have the legal right to take us into bondage.

The **idolatry** inherent in the Keto and other similar diets are:

- **Me, myself and my own fleshly desires**

The Keto diet appeals to the vanity of man since most people want to look like film stars (i.e. thin as a reed and attractive). The Keto diet therefore appeals mostly to people who do not feel good enough and lack self-worth. Losing weight usually greatly improves someone's self-worth and self-image and therefore centres around the "self". We do not say that following a balanced diet in order to lose weight and look great is always idolatry. But when this becomes so important that you would cut a certain food group out of your diet in order to thereby change your body's God-given metabolism to one dependant mainly on ketones, then the alarm bells should start to ring.

People who follow Keto in order to lose weight (without asking whether it is in the will of God) put their own fleshly desires above God's will and the way He created their bodies. This actually boils down to not having fear of God since these people are actually saying to their creator God: *"I do not agree with the way you have created the various food groups and my body's metabolism (it is a mistake) and I think I know better and can improve it so as to serve my own fleshly desires. I no longer need your blood to cleanse, heal and set my spirit, soul and body free Jesus, I can do it myself through a diet!"* This is in accordance with the New Age doctrine in that I become my own God and I exalt myself above God. I no longer need to trust on God for healing and deliverance, I can do it myself!

The idolatry then ultimately boils down to worshipping yourself and your own fleshly desires above God and His will.

- **The law and “works” (religion)**

Believers who have been on this diet for a while testify that the diet tends to consume all your thoughts since it is everyday only about what to eat and in what quantities as well as when I may eat and when not (the intermittent fasting). This subtly and slowly leads to having less focus and trust on God and more focus and trust on your own efforts in following the diet. Subconsciously you start to link your own self-worth and identity to how well you follow the diet and whether you are losing weight. There is therefore a gradual shift from just depending on God and the Holy Spirit to show you your true identity in Jesus Christ, to trusting and depending on the diet to make you feel good about yourself and to feel that you are “somebody” that is worthy of being loved and accepted.

Without realising it, the Keto-diet (often coupled with intermittent fasting) is exalted by the people following it to become almost a law and a religion to which they link their whole identity and self-worth. They would actually say to you that *“Keto is more than a diet it is a lifestyle”*. People that follow it also become very stubborn even to the point that they will become aggressive if you dare say anything against the diet. This is always a sure sign of the fact that they have become a slave to the diet and are no longer living in the freedom that Jesus has died for them to have.

Paul says in Romans 9:32: *“... They (the Jews of his time that still followed the law) did not seek it (justification before God) by faith, but as it were, by the works of the law.”*

Remember believers in Jesus Christ, you can only be under Jesus Christ or under the law at any given time. You can not be under both simultaneously. Therefore, the minute you wilfully place yourself back under the law, you thereby also wilfully take yourself out from under the grace and freedom of Jesus and that may even cost you your salvation!

12. OTHER DANGERS AND POTENTIAL NEGATIVE SIDE-EFFECTS OF THE KETO DIET

12.1 Physical dangers

So far we have focused mainly on the spiritual dangers of diets such as the Keto diet but believers in Jesus Christ are invited to ask their health practitioners (including a qualified dietician) what they think of Keto and other diets where certain food groups are being excluded (or seriously minimised) and other food groups are being over-emphasised.

We guarantee you that any doctor or dietician that is worth their salt will warn you that the Keto and other similar diets are not balanced and that there may

be various health concerns (especially over the long term). For one, your gallbladder will be under tremendous pressure on such a high fat diet and it has been found that people following Keto are much more prone to getting gallstones. Potential side effects of the Keto diet may include constipation, high cholesterol, growth slowing, acidosis, and kidney stones.³⁸

You will also be advised by professionals that the Keto is not sustainable over the long term without leading to some or other negative side-effects in the body. People may also find it difficult to terminate the Keto diet as soon as they have reached their desired weight for fear of merely regaining the weight they have lost. This leads to the danger that Keto will become almost a lifestyle to these people and then the unavoidable side-effects on the long term will kick in.

Often people that are on the Keto diet will plainly refuse to get a second opinion on the Keto diet from a registered medical professional. This speaks loudly towards the fact that Keto becomes almost a religion and an idol with a strong spiritual grip on the person.

12.2 Social implications

Socially this diet also has its implications and may result in the alienation of these people from their closest relatives and former friends (that are not also disciples of this diet). The reason is that people that are not also on Keto may find it difficult to invite you to dinner or lunch or a “braai” since you will always be bringing your own food that has been weighed and selected according to what you may eat on that particular day.

We have witnessed that following the Keto or similar diets has alienated believers from their fellow believers (who do not support the diet) and has isolated them from their previous groups of friends and/or their closest family members. People on Keto are usually very irritated and angry towards others who do not also follow or approve of the diet.

This is always a strategy of the enemy, namely to isolate people and to cause division amongst believers in Jesus Christ.

12.3 Self-worth and identity as human being

The Keto diet allows for a lie from the enemy to subtly creep into your thoughts and that is that your worth as a human being is determined by how and to what extent you are able to stick to the eating plan of the diet. Therefore, gradually, what God says about you in His Word becomes less and less important ...

³⁸ Wikipedia

The Keto and other similar diets therefore have the ability to become yet another addiction that enslaves people and that gives them a false sense of “*I am cool*” and “*everything is fine*” whilst the truth is that they are not fine and that the Kundalini that they are feeding keeps them veiled and in deception.

12.4 Example that is set for the next generation

People who have young children in the house who follow a diet such as the Keto diet sets the wrong example to their children namely that:

- Certain foods (that are created by God to be food and nutrition to our bodies) has become almost our enemy;
- If you are not skinny, you do not have any worth as a human being and will not be accepted by others;
- If you do not eat correctly, you will become ill and all illnesses and infirmities may be linked to what we eat (which is a lie according to God’s Word) etc.

This opens the door for a next generation of people that are drawn gradually away from the truth of God’s Word and that become slaves of diets and food obsessions.

13. QUO VADIS³⁹ BELIEVERS IN JESUS CHRIST?

Does this mean I may just eat what I want to and not care? No, we believe that, as believers in Jesus Christ, we should set an example to the rest of the world as to how one should properly eat and take care of one’s body.

The Word of God says that our bodies are temples for the Holy Spirit and therefore we should respect and care for our bodies also by what we eat. No single food group should be excluded from our diets since the good Lord has created everything for our good. However, we should eat everything in balance and as part of a balanced diet. We should not over-eat and should also get enough exercise. We may also be looking for healthier options in all the relevant food groups, for example, rather eating free range meat and eggs than others and rather organic vegetables as well as cutting excess sugar from our diets. We should also try to eat less refined carbohydrates and more coarse or unprocessed ones which would be better for our digestive system. It would therefore honour the Lord if believers should investigate which carbohydrates would be good for their bodies and would then try to avoid those that are bad.

It is a well-known fact that sugar is not good for us so to cut down on sugar in general would be good and we may even look for healthier sources of sugar, such as in certain fruits and vegetables.

We should also remember that each person’s body is different and that no two people are the same. We should therefore learn to listen to and trust the Holy Spirit in us to

³⁹ Where to

teach us what and how we should eat for sustained energy and optimum health. Also remember that there is no optimum size or shape, the Lord Jesus Christ created some of us to be a size 10 and others to be a size 16 but that does not take away from the fact that we have all been created in His image and that our true beauty comes from within.

There is much more to say on this topic of healthier eating habits. It however falls outside of the ambit of this teaching and therefore we encourage believers to investigate this further for themselves and to also consult a registered dietician if they want to lose weight.

14. THE NEW AGE AGENDA AND THE NEW WORLD ORDER

Satan is preparing humans for the coming of the antichrist (the false Jesus) and all believers would agree that we are living in the “last days” before Jesus’ return. Jesus says in His Word that false christs and false prophets will arise and will show great signs and wonders to deceive, if possible, even the elect⁴⁰. He warns that we should not believe people if they say that the Christ has come since He will come as lightning and that we should not fall for the counterfeit⁴¹.

So-called “enlightenment” in humans by way of an activated Kundalini spirit veils people for the truth of God and the stronger the Kundalini becomes, the less they are able to see the truth.

A fully awakened Kundalini causes great deception in people to the point that previously sincere believers in Jesus Christ may end up following the false Jesus (i.e. Lucifer or the Antichrist) without them even realising it. They will be so deceived that they will think that they hear from God but then, actually, they hear from the Kundalini spirit (the counterfeit). This is part of the New Age agenda and the New World Order.

15. CLOSING

We have hopefully demonstrated to you in this teaching that the Keto diet changes your God-created metabolism by replacing glucose with ketones, thereby changing the brain and neurological chemistry. This results in fertile ground wherein the Kundalini (in every human being due to the seed of Satan and the Nephilim in the human race) may awaken and rise up through the various chakras until the person becomes “enlightened” (demonically oppressed), without the negative side-effects of Kundalini that would otherwise have been warning signals to believers in Jesus Christ. In this way the so-called Merkabah body (state of complete enlightenment) may be created in human beings and may also be maintained by which Satan may then subtly forward his designs and strategies in humans.

⁴⁰ Matthew 24:24

⁴¹ Matthew 24:25-28



The effect that the Keto and other similar diets have on the awakening Kundalini in a human being may be compared to a wild horse that is inside of you and that wants to break free and start racing. Keto puts a bridle on it and breaks it in until it becomes tame and under control. However, this does not change the nature of the Kundalini and its ability to prevent your future inner healing and deliverance and to seduce and mislead you towards the enemy's designs and plans for your life.

To us, as the Bride of Jesus Christ, this is the most important reason why we should stay away from a diet such as Keto, let alone all the other physical dangers and social negative implications.

As an end-time ministry called by Jesus Christ Himself to prepare His Bride for His second-coming by inner healing and deliverance, it is our God-given duty to warn His Bride of the strategies of the enemy that may take her back into bondage and potentially prevent her further healing and deliverance. Kundalini, as the counterfeit holy spirit will block the deliverance by the power of the true Holy Spirit of those believers. You will therefore first have to repent for and renounce the Keto diet and turn away from it, before deliverance from the Kundalini demon will be possible. Only thereafter would the rest of the deliverance process be able to take place without any hindrance.

Keto and other low carb and high fat diets is but one of the end-time strategies of the enemy to prepare a bride for the antichrist or the so-called "harlot bride". Reborn believers in Jesus Christ should therefore steer away from Keto and other similar diets that claim to heal you and to provide you with a "do it yourself" new age solution. Only Jesus Christ, by the power of His blood and the power of the Holy Spirit is able to heal you in spirit (spiritually), soul and body (and mostly in this order).

Ultimately, each individual person has a responsibility towards God and his or her Bridegroom, Jesus Christ, to make the right decisions. Each decision that we make here on earth has implications for us, both spiritually and otherwise.

We pray that every reader of this document will now be in a better position to make the right decision that would honour his/her Bridegroom, Jesus Christ, and would enable the believer to walk in His will.

AMEN

All glory and honour to our Father in Heaven, our Lord and Saviour Jesus Christ and the precious Holy Spirit alone for this teaching. He has revealed the truth about the Keto diet to us and has given us the insight and wisdom to write this teaching.

If you have been blessed by this teaching, please prayerfully consider to support our ministry by your donations (refer to our webpage – www.ignitedinchrist.org – for our banking details).

If you are (or have been) on the Keto diet or any similar diet and the Holy Spirit has convinced you through this teaching to stop and to renounce it so that the enemy's hold on you through this practice may end, then you may pray this renunciation prayer:

RENUNCIATION PRAYER

1.

My father in Heaven, I come before your holy throne in the name of my saviour and king and bridegroom, Jesus Christ. Father, Jesus and Holy Spirit, I come before you to repent of the Keto diet (and any similar diet) and of all the idolatry and sin inherent therein.

2.

I confess and repent of the following:

- 2.1 That I have knowingly or unknowingly made an idol of my body and my outer appearance and have believed the lie of Satan that my self-worth and identity is found in my outer appearance and not in who I am in you Jesus;
- 2.2 That I have put my own fleshly desires above your will and your Word Lord Jesus;
- 2.3 That I have sinned against you by thinking that I may change my God-given metabolism in order to serve my own fleshly interests;
- 2.4 That I have knowingly or unknowingly allowed myself to be placed under a law and sets of rules and regulations of what to eat, in what quantities and during which times of the day and have thereby knowingly or unknowingly become a slave to it (thereby ridiculing the freedom that you have bought for me to have by your precious blood);
- 2.5 That (only if applicable) I have played a part in spreading this deception by also telling others of the Keto diet and by even actively promoting it;
- 2.6 That (only if applicable) I have made money from this deception by actively promoting it and selling so-called "starter packs" and offering assistance to "new converts";
- 2.7 That I have criticised and even alienated my fellow-believers and even close family members who tried to warn me and who are not active followers of Keto and the "Keto lifestyle";
- 2.8 That I have submitted to the "spirit of Keto" that is the Kundalini or counterfeit holy spirit and have knowingly or unknowingly started to believe the lie that

by simply following this diet, all my fleshly (or bodily) needs and desires will be met, including physical healing of infirmities, weight control, energy levels etc. Thereby making it unnecessary to trust you Lord Jesus for these things. I have submitted to the lie of the New Age religion and spirit that I can simply *“do it myself”*;

- 2.9 That I have knowingly or unknowingly allowed the counterfeit holy spirit or Kundalini to awaken in me and to bring me to (or near to) a state of enlightenment, thereby aiding the enemy, Satan, in his end-time strategy to deceive many, even the elect; and
- 2.10 I have fallen into pride and self-righteousness by thinking that I no longer have to listen to the warnings from you Lord Jesus (through your Holy Spirit) or to other people such as nutritionists and dieticians as well as fellow believers and others who merely tried to help me and could actually clearly see my deception.

3.

Father, Jesus and Holy Spirit, please forgive me these sins and idolatry and wash me clean with your precious blood Jesus.

4.

I choose to break away from this diet Lord Jesus in spirit, soul and body and I ask you to help me to re-establish my God-given metabolism without any negative side-effects.

5.

Please show me your will Jesus about food and eating habits and help me to find a healthy way of eating coupled with regular exercise that would honour you as my Healer and my Creator God and that would be in accordance with your Word.

6.

I choose to trust in you Jesus alone for my healing in spirit, soul and body and also for deliverance from the counterfeit Holy Spirit, Kundalini. Your blood is sufficient for all my healing and deliverance and I declare it now in the name of Jesus Christ!

7.

I now bind the Kundalini spirit in me in the power and authority of Jesus Christ my risen saviour. I command my chakras in the name of Jesus Christ to open. I seal my third eye in the name of Jesus and with His blood. I command Kundalini to take its tail from its mouth and to leave my soul and body NOW! In the name of Jesus! Kundalini, I reject you totally and renounce you (spirit, soul and body) and command you to leave! NOW! Jesus, your fire and your blood! Your fire and your blood over Kundalini, I ask you Jesus please burn Kundalini out of my body and soul!

8.

Thank you Father, Jesus and Holy Spirit for your truth and for setting me free. Please baptise me now once again with your Holy Spirit and wash me clean in spirit, soul and body with clear living water from your throne.

AMEN

(If you could feel the Kundalini spirit release and leave then we thank our Lord and Saviour Jesus Christ with you. However, if you could feel (usually in your spine and/or your neck) that it is there but it did not want to release, we would advise you to first watch our DVD on "*Kundalini awareness*" and to thereafter pray the renunciation prayer included therein, since the Kundalini may have other rights to stay behind in your soul and body (e.g. you did Yoga, Karate or were sexually immoral etc. – all rights that the Kundalini may still have in you to stay behind).

We advise all believers in Jesus Christ who want to be set free from bondage and who want to allow Jesus Christ to wash them with His blood, to visit our webpage www.ignitedinchrist.org for more information on our Warrior School and other teachings. May our Lord Jesus Christ bless you and keep you – AMEN.)