

Origins Insights

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October 2004

Was Dr. Atkins an Evolutionist?

By Phil McCaffrey

I think that Dr. Atkins (of the famous low carb, high protein “Atkins Diet”) was an evolutionist. I say was because he passed away last year and has now faced the judgment of Hebrews 9:27 and met his creator, the man Christ Jesus (Col. 1:17, John 1:3). We creationists love to think that no one stays an evolutionist forever, not even S. J. Gould & “billions and billions of years” propagandist, Carl Sagan.

Atkins based his famous diet on the idea of an evolving human. That is that man was once primitive and ate different foods than he now has access to. His theory is simple, primitive man ate nuts, berries and whatever meat he could get his hands on, but never an intensive carbohydrate diet and certainly not pasta or bread.

According to most anthropologists, as man evolved, he “discovered” agriculture and began to grow things that his body had yet to evolve to handle. This mistake is what we see today in terms of over-weight people. Their society evolved faster than their bodies. Hogwash & conjecture.

Many Christians, (including this author) have tried the high protein, low carb diet and it appears to work (I just lost 10 pounds and just love eating steak while on a diet). But its success is not for the reasons that Atkins claims. Americans eat way too much refined carbohydrates and not the whole grain as the creator intended. We live on a diet of sugar and white wheat. We are blessed with such abundance in America that even our poor are fat.

But what was the original intention of God for the human diet? Genesis 1:29 tells us that Adam and Eve were to eat, fruit and vegetables as were all animals. Later, after the flood God gives flesh as meat to Noah. So according to Scripture, Atkins and all evolutionists have it wrong. Meat was not consumed by people for at least 1,600 years after the creation week.

As for farming, it was not discovered at all. It was the original work for Adam. God put him in the garden to tend it and so the very first man was a farmer, by design, not by accident. Societies after the flood immediately took up this occupation and became very successful as is shown in the sudden explosion of civilization in Egypt and Asia around Babylon. Man is not some accidental mutation that leads to higher intelligent and guessed his way into working the ground, no that is one thing that remains the same since the

CSF Meeting

Tuesday, October 19, 2004

7:30 PM, Mars Alliance Church, Rt. 228

The Amazing Geology of Sidling Hill

Phil McCaffrey

Anyone who has been along I-68 will notice the U-shaped rock formation that was revealed when the highway was cut through the hill. Join Phil for an interesting presentation on this “syncline” of sedimentary rock in our own backyard.

fall, but it is much harder now, yielding thorns and thistles.

Bread made with whole grains and not refined is an excellent source of protein and is the primary food for most cultures. It is so important that the creator of the universe called himself, "The Bread of Life," (John 6:35).

I am not condemning the Atkins diet, I just wanted to show that his argument is based on a faulty assumption of the so-called "primitive" diet. But he is not far from the truth, he should have just called it, "The Noah Diet."

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CSF 2004 Calendar

- **October 19 – Phil McCaffrey** *The Amazing Sidling Hill*

- **November 19 and 20 – Ken Ham**
Answers in Genesis Seminar
David L. Lawrence Convention Center

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Answers in Genesis Seminar Schedule

November 19 and 20, 2004

Friday, November 19, 2004

9:30 AM to 11:00 AM	Ken Ham: *Dinosaurs, Genesis and the Gospel (with Buddy Davis) (<i>Grades K-6</i>)
1:00 PM to 2:30 PM	Ken Ham: *Teaching Students to Defend the Christian Faith Beginning with Genesis (plus AiG video) (<i>Grades 7-12</i>)
5:00 PM	Doors open
5:40 PM to 6:10 PM	Best Evidence God Created video (featuring Carl Kerby)
6:10 PM to 6:30 PM	Buddy Davis: Live Music Concert (<i>All ages</i>)
6:45 PM to 8:00 PM	Ken Ham: Genesis-the Key to Reclaiming the Culture
7:00 PM to 9:30 PM	Buddy Davis: **Creation Adventure Team Workshop (<i>Ages 7-10</i>)
7:00 PM to 9:30 PM	Stacia McKeever: **Answers for Kids Workshop (<i>Ages 4-6</i>)
8:30 PM to 9:30 PM	Dr David Menton: The Hearing Ear and the Seeing Eye

Saturday, November 20, 2004

8:00 AM	Doors open
8:30 AM to 9:00 AM	Six Short Days-One Big Adventure video (featuring Buddy Davis)
9:00 AM to 10:00 AM	Ken Ham: One Blood-the Biblical Answer to Racism
9:00 AM to 11:30 AM	Buddy Davis: **Creation Adventure Team Workshop (<i>Ages 7-10</i>)
9:00 AM to 11:30 AM	Stacia McKeever: **Answers with Kids Workshop (<i>Ages 4-6</i>)
10:30 AM to 11:30 AM	Dr David Menton: Formed to Fly-the Origin of Birds
11:30 AM to 1:00 PM	Lunch (on your own)
12:30 PM to 1:00 PM	Fossils and the Flood video (featuring Ken Ham)
1:15 PM to 1:35 PM	Buddy Davis: Live Music Concert (<i>All ages</i>)
1:40 PM to 2:40 AM	Ken Ham: Why Won't They Listen? - How To Evangelize an Increasingly Secular World
3:10 PM to 4:15 PM	Dr David Menton: Inherently Wind-A Hollywood History of the Scopes Trial

More Seminar Information

Student Meeting Information:

* The Student Meetings (Friday morning and afternoon) feature a well-illustrated lecture and video. Students from Christian schools, home schools and others learn valuable evidence that supports the Bible and encourages them in the faith. Everyone welcome (grandparents, parents, etc.) Reservations are needed for groups of 25 or more. To make reservations, please call (412) 341-4908 with the total number of teachers and students, name of school, and contact phone number. A teacher or parent **must** accompany students.

Workshop Information:

****Creation Adventure Team Workshop**--an exciting program for ages 7-10 with Buddy Davis. Lectures, videos and hands-on laboratory workshops on fossils and dinosaurs! Open to 96 children only.

****Answers for Kids Workshop**, led by Stacia McKeever, will take your children (ages 4-6) on a journey through the '7 Cs of History'--teaching them to view the world through the lens of the Bible with hands-on activities. Open to 40 children only.

Cost for either workshop: \$15 materials fee per child (non-refundable). Parents must pick up children by 9:30 pm on Friday night and by 11:30 am on Saturday for the lunch break. Sorry, no part-time attendance. Pre-registration is strongly advised. Register online or call (412) 341-4908 to make reservations or to indicate payment method and age group.

Reservations are strongly advised--due to limited space--for the Friday and Saturday hands-on Children's Workshops. Saturday workshops are a repeat of Friday's workshops. Sign up for one day only. Cost is \$15 per child.