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'Health is like money, we never have a true idea of its value until we lose it'

Josh Billings

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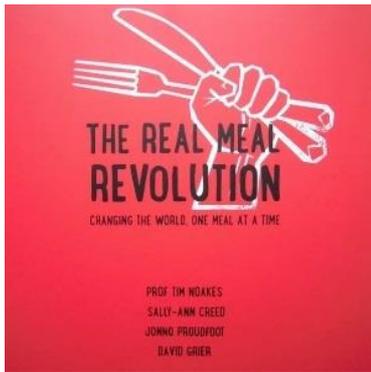
Motsoaledi warns health official of suspension



HEALTH Minister Aaron Motsoaledi has written to the registrar of the Council of Medical Schemes (CMS), Monwabisi Gantsho, warning him that he intends to suspend him pending the outcome of a forensic investigation into allegations that he attempted to solicit a R3m kickback. The Minister's move

sends a strong message to the medical schemes industry that he is intent on ensuring the integrity of the CMS, which plays a critical oversight role. It regulates how the R113bn in annual contributions paid by the industry's beneficiaries are collected and spent, and is responsible for protecting consumers' interests. Dr Motsoaledi's action follows a recommendation from the CMS's council earlier this month that the registrar be suspended, after the former curator of Medshield, Themba Langa, alleged in court papers that Gantsho had sought a R3m kickback related to the acquisition of the scheme's trademark. Gantsho in turn raised concerns about Langa's decisions during his curatorship and claimed he had inappropriately given scheme business to his own law firm. CMS council chairman, Yosuf Veriava, said the recommendation that Gantsho should be suspended was not because of any preconceived ideas of guilt, but the point was they were serious allegations. He said the council had a responsibility to medical scheme beneficiaries to ensure everyone had confidence in it and it was important that the investigation went ahead unhindered. The Minister wrote to Gantsho informing him of his intention to suspend him, and gave him five days to provide reasons as to why he should not be suspended, in line with the Labour Relations Act, Prof Veriava said. The council is finalising the terms of reference for the forensic audit. When asked to respond to a call by the Board of Healthcare Funders (BHF) on March 13 that the CMS's forensic investigation include a probe of an R817 000 tax judgment obtained against him by the South African Revenue Service in 2012, Gantsho said he was not at liberty to comment except to say that he did not have a tax problem: all his tax problems had been settled. The BHF CEO, Humphrey Zokufa, welcomed the news of the decision, saying he was encouraged by the Minister's decision as it meant there was no attempt to cover up. Zokufa previously said the BHF wanted to discuss the registrar's working relationship with the industry with Veriava. Zokufa said last week that Veriava had indicated his willingness to meet the BHF, but a date had yet to be scheduled.

Source: Tamar Kahn: Business Day, 24 March 2014



Tim Noakes’s Real Meal Revolution fuels low-carb dieting

Professor Tim Noakes caused a lot of controversy with his high-fat, low-carbohydrate diet. Three years later the release of his new cookbook is testament to his belief in this diet.

When Professor Tim Noakes of the Sports Science Institute first spoke publicly about how he had personally started eating a [high-fat, low-carbohydrate diet](#), and basically found dieting salvation in it, he was met with a barrage of criticism. Heart specialists were horrified at his claims that [high cholesterol does not cause](#)

[heart disease](#). The sporting fraternity was mortified that he was admitting his previous “carbo-loading for athletes” theory was not actually a good idea. And dietitians could barely contain their fury that a sports scientist could make such ‘outrageous’ claims.

Yet three years down the line, Tim maintains his stance that an excess amount of carbohydrates is behind many of the diseases of lifestyle so many people suffer from nowadays; and that [a diet high in fat](#) is actually far healthier than we’ve all been led to believe.

He hasn’t backed down on his claims despite much anger and mocking from his peers. And just to prove his unwavering confidence in this way of eating, he has collaborated in a mouth-watering cookbook.

What to expect from the book

Firstly, *The Real Meal Revolution* is not a book to be read when you’re hungry. Regardless of your preferred style of eating, the recipes in this book are enough to send you scampering to the kitchen, inspired to prepare one of the 130 tasty recipes.

Yet, while the recipes are all equally delectable and delightfully easy to prepare, with only a few ingredients, the book is much more than just recipes. It contains research which backs the high-fat, low carbohydrate style of eating, graphs documenting its success in studies, testimonials from professional sportsmen such as Gary Player, and case studies of ordinary people who have had phenomenal success with the diet.

The tagline on the book “Changing the world, one meal at a time” speaks volumes about his intentions. He is not backing down. And if the science reported in the book is anything to go by, he’s not as alone in his beliefs as many would think.

With statements such as ‘Fat is your friend’ and ‘carbs are unnecessary’ Tim will no doubt whip up a fresh round of fury in the dietitian community. Yet, his arguments are convincing. His logic is appealingly simple and straightforward. And the scientific evidence he supplies backing his claims is of international standard and quality.

If you are interested in learning more about this way of eating, this book provides a very thorough and comprehensive look at eating high-fat, low-carb foods and the effect it could have on your body.

Source: Amy Jane Froneman



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