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WN *Project Phoenix*

The writing on the wall

Geoffrey Cannon writes: Here below is Rembrandt van Rijn's 1635 painting of *Belshazzar's Feast* . This mighty king of Babylon (550-539 BCE) reigned after Nebuchadnezzar (605-562) who exalted Daniel above all the magicians and enchanters in his realm, after Daniel and his companions refused the meat and wine on which the king feasted, and insisted on pulse (usually interpreted as foods that come from seeds) and water. In this issue of *WN* I tell of *my twelve weeks on this 'Daniel Fast'* and its effect on my health and well-being. Daniel later impressed Belshazzar, by explaining the writing on the wall that appeared during the mighty king's feasting. This begins MENE MENE TEKEL, which being interpreted by Daniel said 'the days of your kingdom are numbered, you are weighed in the balance and found wanting' – meaning that Babylon would fall, which it did. Our *Project Phoenix* team now propose that the writing is on the wall for conventional nutrition science.

'The writing on the wall' in the Old Testament Book of Daniel foretells the fall of Babylon. It now means prediction of the end of empires, organizations – or established ideas that have lost their value