

Facebook Becomes Ever-More Oppressive

Post by "JAWS" of May 28, 2019 at 4:59 PM

I once read a book titled Four Arguments For The Elimination of Television. One of the arguments was that there are very few people who control what you see on TV. That is probably less true today than it was back in the 60s or 70s when the book was written, but Facebook does enjoy a bit of a monopoly on social congregation. I didn't realize that there was a group for the Banting Diet, but that makes sense. I think only the South Africans typically call low carb diets Banting anymore, but I think just about anybody active in the LCHF community has heard of it. I am also a member of a couple of Carnivore Diet groups on FB. So far I haven't noticed any similar actions towards those groups, but we are only in the tens of thousands, not millions of members (I think the CrossFit page said that the Banting FB group had something like 1.6M members).

Honestly, the only reason I am still on FB is to participate in the groups - mostly the EP groups. If you want to brainstorm ways to better utilize different platforms for building a community I'm happy to help in any way I can.