

# Ultimate Slothz'in guidez to weight loss.

-High Priest Mageson 666



Causez like Slothz have it all figured out and stuff already.

I was thinking about this as of late. I have done everything from all plant diet, to Paleo to vegetarianism. Which covers all the main diet spectrum. I have also done exercise routines that would drop a lot of people to light stuff and seen a lot of trends come and go and I got wise over the years.

I have seen people get fat on Paleo, veganism, vegetarianism and every type of diet. Look at how fat people are promoting their paleo books right now and fat vegans promoting veganism as healthy. It really does come down to calories in calories out on the base line. If you eating more, then your burning, too much of the time. That going to get stored as reserve, as fat that's how the body is designed not for six pack abs but survival. A good example is the low fat, high carb vegan crowd is the biggest industry online at this moment with the most views and most MSM promotion. However this diet was causing many people to gain weight up to 100 pounds overweight. A lot of people got fat on this diet. Because they were told to eat twice the amount of a daily calorie intake for themselves or they were under eating and when they naturally got fat and then this was called metabolic damage. But this does not exist as doctors that these Vegans subscribe to as McDougal [who is not vegan] and the author of the Vegan bible, The China Study, stated themselves. That

metabolic damage does not exist. Because it does not. However over eating and putting on weight does exist.



Paleo people get fat because they are eating high fat foods which contain a massive amount of calories in them. The reason people lost weight on Vegan or Paleo diets is because in many cases they are eating lower amounts of food daily and lower calories as these foods are filling and fat seems to be slow burning. The starch vegetables for the vegan style diets that work for weight loss is the same and they are low calorie. You can eat four pounds of potato's in a day and not hit near maxing out daily calorie intake. Same with a small amount of just animal food it can act like a diet pill. That's it. People get fat when they go past they daily intake on such diets. This is why a body builder can literally eat at Wendy's or MacDonald's every day and not get fat they are burning up the calories in these three to four thousand calorie meals.

The average person is fat because they are eating high calorie food and drinking high calorie drinks all day and don't exercise much.

So within calories in calories out you obvious want to look at quality and quantity of the types of food groups you're eating. I agree with McDougal as the evidence shows this in his recommendation that 70% of a person's diet should be plant food. Carbs are not all bad and they are not going to make you fat and sick. Otherwise the healthiest people on earth the Okinawans would not be such as they eat a lot of their diet in carb based plant foods, potato's and white rice and live to be one hundred on average in great health. However all plant food diet does not work long as Vegans are depended on vitamin supplements or they will literally die on an all plant diet. Just the lack of B12 results in stroke and heart failure. That is just one vitamin missing in this diet. The average person has enough B12 reserves for two to three years before they are in the red. The reason it's so vital to life your body keeps massive stores in case of shortage. Vegan diets are fatal on their own, without artificial vitamin's. And with that long term vegans develop health problems.



Paleo people I have seen this after a few years they start to look bad and sallow almost jaundiced like in some cases. It's just bad to over eat on meat all the time and have little to no serious plant food in your diet. Most people don't do either paleo or veganism for more than a year, three pushing it. There have been paleo promotes that have gotten cancer and had strokes and heart disease and become overweight from this diet in all reality.

With exercise Hatha Yoga is the best, its purpose is to spiritualize the human being, low impact exercise on a normal basis is great it's sustainable and low to no injury, if you have a sport you enjoy that is good as well. I think the mainstream fitness community should be avoided as it's a fad driven, consumer culture which is about promoting fake claims in many cases and giving bad advice and taking your money. They will say anything for a buck. There is also a lot of unhealthy attitudes promoted. The current craze right now is selling false self-esteem to egotistical people. Not just having them over exercise and in general exercise wrong. But put some Macho Man sounding title on it like Navy Seal, Spartan, Commando, Boot Camp, Ninja Master and such to try and grant it authority. Pseudo militarism seems to be the trend at this moment. It's just a gimmick were grown men pay thousands of dollars to do hours of boring calisthenics and general cardio while being woofed at in incoherent bark tones by other men and in some cases being sprayed with a garden hose. Normally people would not pay money or care to do this. But call it Spartan Ninja Academy and they line up. It's obvious as to why. Marketers have known this for a while and keep using this trick. You get the point this highlights the culture of the mainstream fitness world and why it should be avoided in my opinion.

Macho, Macho, Man....

This is basically all it is. Do you want to put on the soldier dress or how about the Police Officer suit, why not rough it and be the cowboy for a weekend or do it dangerous and be the biker, it's like spiritual and stuff go with the Indian. How about real life stuff the construction worker.



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Ps:

The only timez calories don't count....Hitler ice cream time!

