FATAHOLIC

HOW DOES FAT EFFECT US?

BY ANONYMOUS AUTHOR

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CHAPTER 1

WHAT IS FATAHOLIC?

What is fataholic? Fataholic is someone who is addicted to eating fatty foods that have most animal ingredients in it.

When you are fataholic, you are basically obese.

Most food and pill drugs contain fat from an animal ingredient.

You do not need excess fats.

You do not need excess proteins.

Most people are fataholics who eat excess fatty foods like meat, dairy, and eggs.

Proteinaholic is somewhat the same as fataholic.

What is proteinaholic? Proteinaholic is someone who is addicted to proteins that have animal fats in it.

Most Westernizers eat excess fat and die prematurely.

Most Asians live longer than rest of the world.

What is vegan? Vegan is someone who only uses an eco-friendly plant lifestyle especially eating vegan plant foods.

CHAPTER 2

NUTRITION
MYTHOLOGY

NUTRITION MYTHOLOGY

MYTH 1#:	Animal proteins are good for our health.
FACT 1#:	Animal proteins are not good for our health.
MYTH 2#:	Fats are good for our health.
FACT 2#:	High fat is not good for our health. Low fat is good for our health.
MYTH 3#:	Humans are omnivores.
FACT 3#:	Humans are herbivores/frugivores not omnivores.
MYTH 4#:	We need more protein.
FACT 4#:	We do not need excess proteins from animals. We need more carbs from plants.

MYTH 5#: We need muscle by eating animal proteins.

FACT 5#: We do not get muscles by eating animals.
You only get muscles from eating plants like
peanuts and weight lifting.

MYTH 6#: We have protein deficiency.

FACTS 6#: There's no such thing as protein deficiency
except nutrient deficiency, mineral deficiency, and vitamin deficiency.

MYTH 7#: We get strong bones from drinking milk of
another species such as cow and goat.

FACT 7#: We don't get milk from another species like cows and goats
just to get strong bones.
Only babies drink milk from the same species.
We get strong bones from plants like dark green
leafy vegetables.

MYTH 8#: Avocados have bad fat.

FACT 8#: Avocados have good fat but in excess it may
cause bloating and/or fat gain like you would with animal fats.

MYTH 9#: Being vegan is so difficult.

FACT 9#: Being vegan is easy if you just eat 2K plus calories of plant foods.

MYTH 10#: They ingest animals.

FACT 10#: Animals are not food.
Animals are living things just like us humans and bacteria.

MYTH 11#: Restricting calories is good.

FACT 11#: Restricting calories are not good for our health cause you end up binge eating.
We need to eat at least 2K calories not go on a famine diet where u eat small amounts of calories.

MYTH 12#: Turning fat into muscle.

FACT 12#: Fats are fats not converting fat into muscle. Gaining excess muscles can hide the fat.

MYTH 13#: Carbs make us fat. Carbs are the enemy.

FACT 13#: Carbs alone do not make us fat. Carbs are not the enemy.

MYTH 14#: All diets work.

FACT 14#: Not all diets work for people.
Vegan diets do work for certain amount of people.

MYTH 15#: Our brain needs fat.

FACT 15#: Our brains do not need much fat. Our brains need carbs.

There are plenty of lies and myths about nutrition diet.
Do not believe in lies about nutrition diets.
Just research real info about nutrition diet between animals and plants even veganism.

CHAPTER 3

HOW TO EAT VEGAN FOREVER?

HOW TO EAT VEGAN FOREVER?

1. Do not restrict calories.
2. Do not fail to follow the vegan diet.
3. Do not binge eat on junk foods mainly from animals.
4. Do not eat under 2K calories.
5. Eat at least 2K calories from plants.
6. You mustn't overdo it.
7. You must remain calm.
8. See a doctor who knows about vegan diet especially a vegan nutritionist and/or vegan dietitian if you need to.
9. Get blood tests if you need to.
10. Save the planet now not future.
11. Be an activist/advocate.
12. Go vegan for yourself and then others.
13. Do not be afraid of food.
14. Do not starve nor go hungry.
15. Live longer.
16. Eat vegan and enjoy yourself.

CHAPTER 4

HOW DOES FAT EFFECT US?

HOW DOES FAT EFFECT US?

1. Excess fat has negative side effects such as high blood pressure, high cholesterol, bloating sometimes, fat gain, sometimes testosterone in female assigned people, high estrogens, hormonal imbalance, may cause cancer, may cause diabetes, sometimes death, and other various health problems.
2. Not exercising can effect us.
3. Eating fatty foods can effect us.
4. Drugs like steroids can effect us.

CHAPTER 5

HOW TO EAT AT LEAST 2K CALORIES OF PLANT BASED DIET?

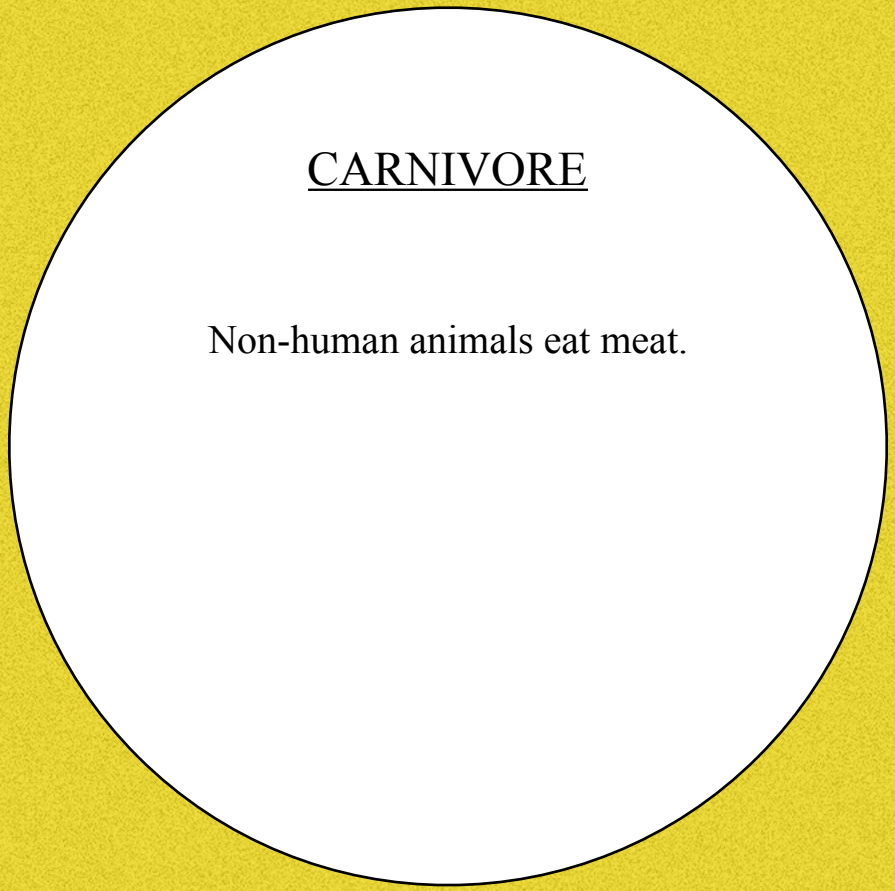
HOW TO EAT AT LEAST 2K PLUS CALORIES OF PLANTS?

1. Do not restrict calories while being vegan.
2. Eat a volume of plants at least 2K calories.
3. Do not starve yourself nor go hungry.
4. Do not bloat or gain excess fat.
5. You only gain muscle.
6. Be careful what you eat.
7. Drink minutes before eating not hours before eating.
8. You get organic plants not just refined vegan foods.
9. Eat plants and enjoy yourself.
10. Eat until dinnertime not eat late at night.

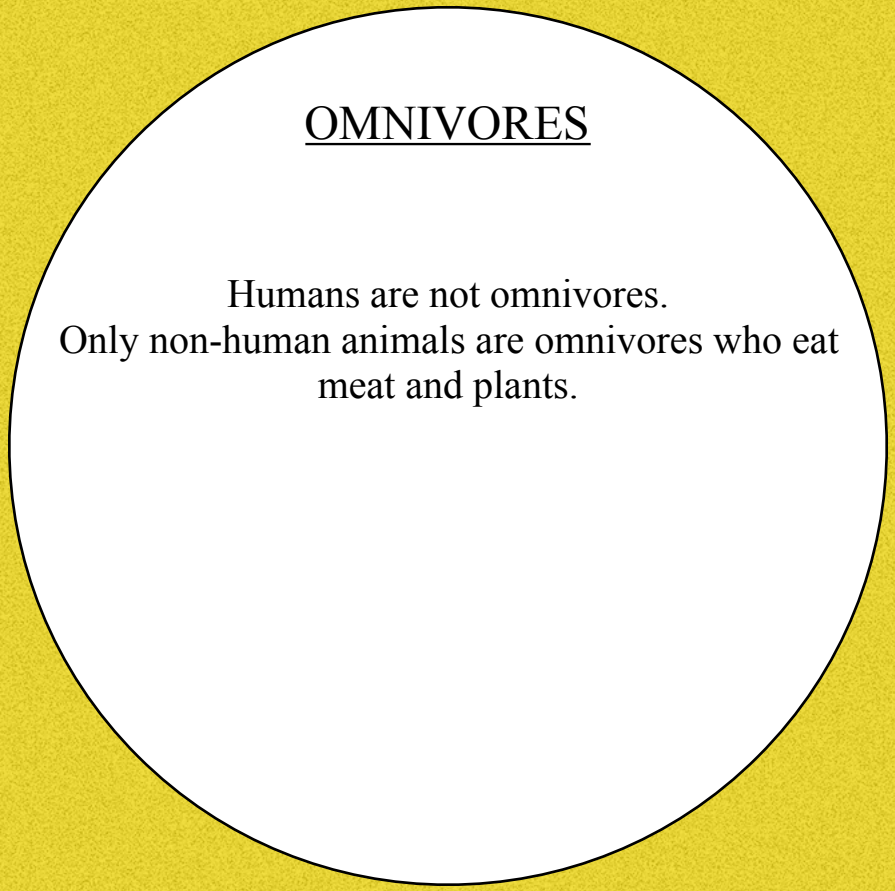
CHAPTER 6

COMPARE THE DIETS

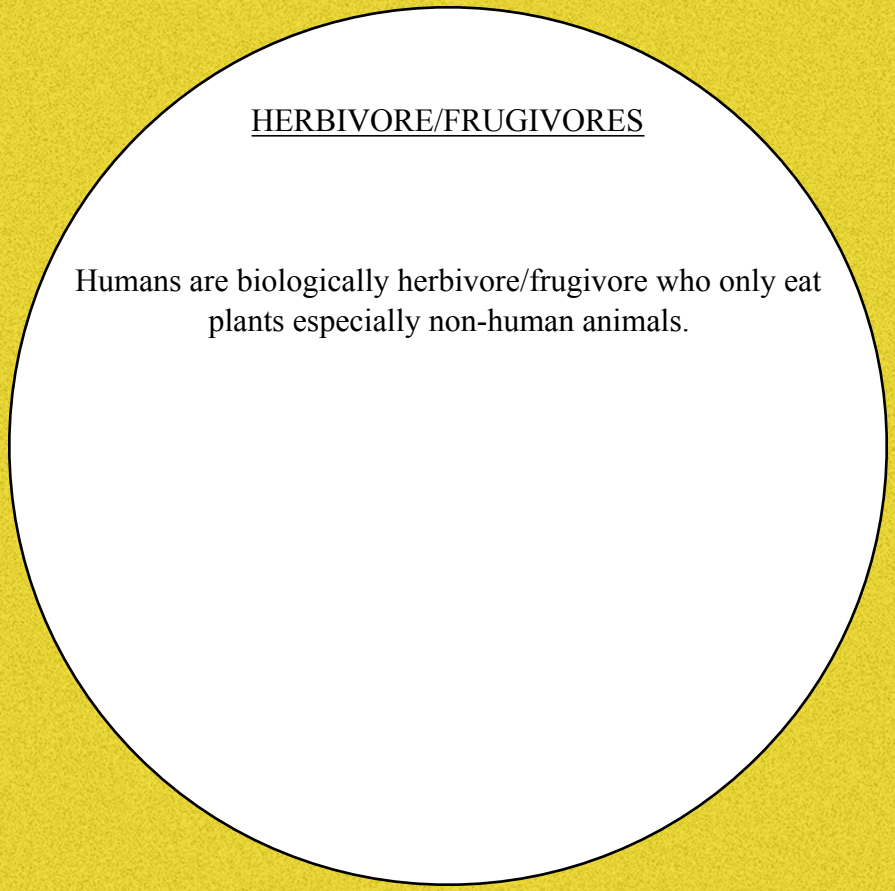
CARNIVORE



OMNIVORE


OMNIVORES
Humans are not omnivores.
Only non-human animals are omnivores who eat meat and plants.

HERBIVORE/FRUGIVORE



CHAPTER 7

HISTORY OF FAT

History of fat

Ever since millennia ago animal fat was eaten in Europe and other continents. When humans first evolved they did not evolve to eat animals except plants. Now and then humans died from diseases related to fat. Vegans have done the study on fats from animals that causes problems in the 1st place.

CHAPTER 8

HOW TO ADVISE THEM TO GO VEGAN WITHOUT SHAME?

HOW TO ADVISE THEM TO GO VEGAN WITHOUT SHAME?

1. Do not get upset nor get angry.
2. Do not body shame.
3. Advise them to go vegan correctly.
4. Educate on nutrition diet even veganism.
5. Do not complain.
6. Tell anybody to go online about veganism.
7. Spread the message how to go vegan.
8. Do not hurt their feelings.
9. Petition them in a nice way

THE END

