

# Health and Weight Loss: The Ultimate Diet Plan

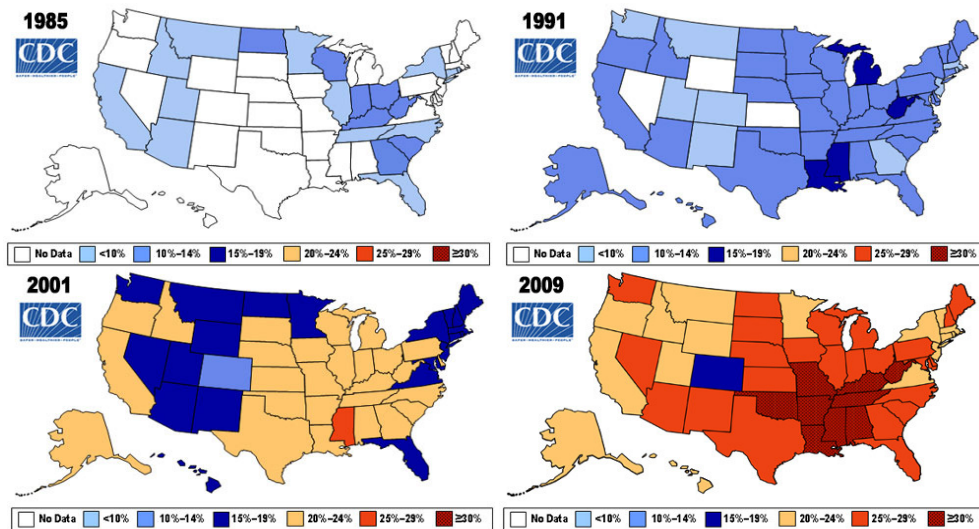
*A Holistic Approach to Food and Exercise*

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# Foreword

Never have there been so many food options, most of them dreadful sickening junk, sold because they are cheap and an easy way to temporarily forestall Malthusian crisis, consequences be damned. Progressive societies everywhere promote quantity over quality, the monkey impulse of the minute over positive outcomes, all the while too spaced out, drugged up, or in denial to care about consequences.

Obesity is surging, soon to be considered normal -- another triumph of the 1960s revolution.



This book is for everyone who instinctually feels the train not only going off the tracks, but headlong off a cliff. Maybe it should even be pushed? But to lose the inheritance of health that our ancestors had for all human and pre-human history until the present era -- that is the ultimate squandering.

We fight against the progress of obesity and weakness, to retain our health, self-sufficiency, and honorable relation to nature.

# Dedication

*For all those who love food, health, adventure, and me. What a beautiful world we make together!*

# Chapter 1: Rebalancing

*Now it is certain that nothing contributes so little to cheerfulness as riches, or so much, as health. Is it not in the lower classes, the so-called working classes, more especially those of them who live in the country, that we see cheerful and contented faces? and is it not amongst the rich, the upper classes, that we find faces full of ill-humor and vexation? Consequently we should try as much as possible to maintain a high degree of health; for cheerfulness is the very flower of it. I need hardly say what one must do to be healthy -- avoid every kind of excess, all violent and unpleasant emotion, all mental overstrain, take daily exercise in the open air, cold baths and such like hygienic measures.*

*-- Schopenhauer*

**Eat reasonably and exercise periodically.**

**Stop eating junk and spectating life.**

**The End**



