

Re: Obesity May Shrink U.S. Lifespan

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-03/1261.html>

From: Pizza Girl (*nospam_at_4.me*)

Date: 03/26/05

Date: Sat, 26 Mar 2005 10:13:28 -0500

First of all, nothing "effects" your brain. The word is "affects" This a very common mistake with the malnourished crowd.

Carb are necessary for life and I doubt any thinking, researching professional will tell you different. Even the LC proponents like Atkins will tell you that over and over. Try reading an Atkin's book once and you could talk intelligently on this. Or is it that you did read an Atkin's diet book and you can't force yourself to eat that many vegetables each day? Now you need somebody to back your childish attitude.

"jt" <jt@ameritech.net> wrote in message

news:98na415k5525iqnqlhged1q42q3s1hm8ah@4ax.com...

> On Sat, 26 Mar 2005 02:20:25 -0500, "Bob (this one)" <Bob@nospam.com>

> wrote:

>

> >Pizza Girl wrote:

> >

> >> *The proof is in the pudding. He gave you resources for the success. You*

> >> *chose not to believe them. Nothing will convince you it works anyway,*

so

> >> *there is no point trying.*

> >

> >>*This is funny. Several people have told you that carbs aren't necessary*

> >>*and nothing they say will convince you. You even misuse definitions to*

> >>*suit yourself. You're precisely guilty of the same thing you assail Jeff*

> >>*for.*

> >

> >>*You are an idiot. The only thing you have shown is your own stupidity*

> >>*and your refusal to answer questions. You say that zero carb diet is*

> >>*ok for a temporary diet but not for a long term diet. I am not sure*

> >>*how carbs are not necessary by your own definition.*

>

> >>*You actually think an active to very active person can convert enough*

> >>*carbs from protein?*

>

> >>*Even if one accepts your argument that carbs aren't necessary does*

> >>*not mean they are not valuable and important part of ones diet. If*

> >>*you want to consider it a luxury be my guest. You could use your lame*

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- > *argument to stop eating vegetables as well since mere survival does*
- > *not require their consumption. Based on your stupidity I think the*
- > *low carb diet is effecting your brain to the point of damage.*