

Re: Obesity May Shrink U.S. Lifespan

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-03/1263.html>

From: Bob (this one) (*Bob_at_nospam.com*)

Date: 03/26/05

Date: Sat, 26 Mar 2005 10:15:26 -0500

jt wrote:

> *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.*

Such logic. So many facts. Such deep reasoning. And I'm dazzled how wonderfully your answer connects with the words above. Been saving it up, have you...?

> *The only thing you have shown is your own stupidity*

> *and your refusal to answer questions.*

I don't recall not answering questions; perhaps you can point to them and I'll happily answer.

> *You say that zero carb diet is*

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

No. I didn't say that. I actually never suggested not eating carbs. I happen to like some of them and consume them regularly. I **like** them. But I don't **need** them. Just like you don't **need** them.

Unless you have some responsible citation that demonstrates that we do...

Maybe you could list some that are essential nutrients that we have to eat to get. I'll wait. Again.

- > *I am not sure*
- > *how carbs are not necessary by your own definition.*

Read along with me here. It has not been demonstrated that dietary carbohydrates are necessary for human survival. That is, they are not "essential nutrients" as defined by the community of scientists who use that expression. See how simple it is. And, BTW, it would be good not to make up definitions and then attribute them to others.

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

Given the clumsiness of your writing, the stunted use of logic, the construction of straw men, and the grammatical blunders, perhaps you need to look to your diet to see if it's **affecting** your thinking. All you've offered is insult and heated rejection with nothing to support your silly, excited ranting.

Run along now.

There's a good kid...

Pastorio