



[Vanguard News Network Forum](#) > [News](#) > [Nutzpah Lounge](#)

[The Truth About Fatsos, Biological or Mental?](#)

User Name Remember Me?

Password

[Register](#)

[FAQ](#)

[Members List](#)

[Calendar](#)

[Today's Posts](#)

[Search](#) ▾



Page 2 of 2 < 1 2

[Thread Tools](#) ▾ [Search this Thread](#) ▾ [Display Modes](#) ▾

05-13-2004

#21

[I0stsoul](#)

Junior Member

Join Date: Apr 2004

Location: Hell

Posts: 123



Quote:

Originally Posted by **Draco**

No one factors beverages into their diets. Sugar will make you real fat, real fast. Lots of little porker kids running around because they always drink soda. The juices kids get is also sugar-loaded. Then factor in sugary foods such as cereal, candy, ice cream etc. and you have a nice hyperglycemic kid. Dont forget fast food. They sit in front of the TV, sit in ZOG schools, and get no outdoor activity.

Adults drive everywhere, sit on their asses at work, and eat fast food. They get no excercise due to time constraints, fatigue from work, or laziness.

I drink probably six cans of pop a day (sometimes a few bottles of gatorade replace a few cans of pop). I don't eat the healthiest, and I am not the most active. However, I am not a big fan of cakes and cake-like stuff. In addition to that, even though I do not eat very healthy, I don't eat a lot at all. If I feel depressed, then I don't eat much. I think the biggest factor though in me being extremely skinny is a high metabolism. I will say this though. If I ever start gaining a ton of weight (fat weight), then as soon as it starts, I will do what it takes to stop it and remove what I have gained. I started gaining a small belly (large for me, but probably like an average American these days) a few months ago. As soon as I noticed that, I did far more physical activity and it was gone in no time. Though.. My future career will make me

quite muscular and will prevent me from gaining any belly for many years. That is for sure.



05-16-2004



#22

SadisticSapphire

Junior Member

Join Date: Mar 2004

Posts: 13



Quote:

Hey, I know what "Reubenesque" is. I didn't know anybody was talking beenpole skinny as the ideal. Fatso and Fatty means friggin grotesque tripple chins, bouncing thighs, massive buttoxes, sweaty warthogs, and farting porkers! I can stand a little of the old "Reubenesque" - a little "cushion for the pushin" and all that, Rape of Sabine Women etc. The thread was about "Fatsos" and not about bangin Karen (anorexic skelator) Carpenter...damn.

I was being facetious, but it came out a little too serious. And kudos to you. 99% of people I've talked to don't know what Reubenesque is...

Anyways.. the point I was trying to make was the other extreme is also unattractive. Just stay within a healthy range whatever way you may go. If you can't walk because you trip on the flabs hanging off your knees you have a big problem. If you can see your bones through your skin you also have a problem. I know being huge can be grotesque but it's also disconcerting to see men calling size 10 women fat.

Part of the problem is that the majority of people don't make their own meals anymore. You can buy everything prepackaged and precooked (or as I like to call it, pre-chewed 🤖).. just throw it in a microwave or buy it from restaurant. Buy fresh meats, fruits, and vegetables from the grocery store instead of canned. What an idea. Actually cook something for yourself... 🤖 I'm not saying you have to cut out everything that's premade.. just don't use it for every meal. You'll cut calories, un-needed preservatives, sodium, carbs, fat grams, etc etc etc.



05-17-2004



#23

Politico

Mau Mau Warden



Join Date: Apr 2004

Location: Under the Buckeye

Quote:

Originally Posted by **SadisticSapphire**
I was being facetious, but it came out a little too serious. And kudos to you. 99% of people I've talked to don't know what Reubenesque is...

Anyways.. the point I was trying to make was the other

Tree
Posts: 464



extreme is also unattractive. Just stay within a healthy range whatever way you may go. If you can't walk because you trip on the flabs hanging off your knees you have a big problem. If you can see your bones through your skin you also have a problem. I know being huge can be grotesque but it's also disconcerting to see men calling size 10 women fat.

Part of the problem is that the majority of people don't make their own meals anymore. You can buy everything prepackaged and precooked (or as I like to call it, pre-chewed 🤖).. just throw it in a microwave or buy it from restaurant. Buy fresh meats, fruits, and vegetables from the grocery store instead of canned. What an idea. Actually cook something for yourself... 😊 I'm not saying you have to cut out everything that's premade.. just don't use it for every meal. You'll cut calories, un-needed preservatives, sodium, carbs, fat grams, etc etc etc.

I couldn't agree with you more. Laziness in preparing food is another big factor in the whole scheme. "Laziness" seems to be the common factor in all things involving obesity.



05-22-2004

#24

johnny yuma
Guest



Like I said before: In the end, it always traces back to the kikes. Everything that is wrong with the Western world is the kikes fault. Remember that.

Posts: n/a

My \$0.02: Feminism and women. Due to feminism women either don't know how to cook and or don't want to cook. So, instead they buy fattening and high sugared foods to replace real home cooked meals for their kids. I see it all the time. That and people in general don't get any exercise.



05-27-2004

#25

Katie

Junior Member

Join Date: May 2004
Location: small town
Posts: 48



Quote:

Originally Posted by **johnny yuma**
Due to feminism women either don't know how to cook and or don't want to cook. So, instead they buy fattening and high sugared foods to replace real home cooked meals for their kids. I see it all the time. That and people in general don't get any exercise.

Quite true; the Feminist Movement has been detrimental to the

nuclear family. What strikes me about my friends is how in the dark they are when it comes to recognizing just how damaging this whole thing has been. What good did it accomplish anyway? Both men and women have lost their honor. Nowadays it is nearly impossible to find an attractive lifelong mate: one who has not been castrated or rendered commitment - shy by these man eating monsters. The fact is that women are no longer women. All they care about is putting on a man's suit. Whatever happened to family? Fertility? And cooking, for God's sake!?



05-29-2004

SadisticSapphire

Junior Member

Join Date: Mar 2004

Posts: 13



#26



Quote:

My \$0.02: Feminism and women. Due to feminism women either don't know how to cook and or don't want to cook. So, instead they buy fattening and high sugared foods to replace real home cooked meals for their kids. I see it all the time. That and people in general don't get any exercise.

Don't get me started on those damn feminists lol. I know a few women who don't even know how to make mac & cheese out of a friggen box... that is pretty sad... I learned how to cook when I was 7. Give me a tube of toothpaste and a pickle and I could somehow make an edible meal out of it lol.



06-22-2004

Kind Lampshade Maker

Disorderly Bi-Polaroid



Join Date: Jan 2004

Location: Betwixt poles

Posts: 3,890



#27



Quote:

Originally Posted by **SadisticSapphire**
Don't get me started on those damn feminists lol. I know a few women who don't even know how to make mac & cheese out of a friggen box... that is pretty sad... I learned how to cook when I was 7. Give me a tube of toothpaste and a pickle and I could somehow make an edible meal out of it lol.

I'd be satisfied when some1 would take my strawberry tipped vanilla ice cream cone and make it into a Jack-in-the-box



06-22-2004



#28

johnny yuma
Guest

Posts: n/a



Quote:

Originally Posted by **Kind Lampshade Maker**
I'd be satisfied when some1 would take my strawberry tipped vanilla ice cream cone and make it into a Jack-in-the-box

90288



06-22-2004

#29

[J. Stiller&Anne Mara...](#)

Hates White People



Join Date: Feb 2004
Location: Hollywood
Posts: 105



Quote:

Originally Posted by **johnny yuma**
90288

Where's the area code for this phone number?

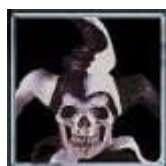


06-22-2004

#30

[Miskatonic](#)

Junior Member



Join Date: May 2004
Posts: 108



Eating 2 meals a day will tank your metabolism real fast. People are better off eating 5 small meals a day a few hours apart.



06-22-2004

#31

[Der Henker](#)

Member



Obesity

Quote:

Originally Posted by **Right is Right**
Is there really any truth to it when obese people say that they



Join Date: May 2004
 Location: /home/kwa
 Posts: 331



are fat because they have some sort of thyroid condition or what ever?

I can not imagine that some one can have such a good metabolism that a leaf of lettuce would make them gain 20 pounds, I mean at some stage those fat asses needed some kind of major fuel to grow from, didn't they?

Too many times have I seen gargantuan fatsos driving or rolling around with 2 liter cokes, and has anybody seen how they always seem to have slop stuck in their faces. I am prone to believe that they really don't exercise much and that they secretly gorge them selves.

And how about those huge porkers who claim they had several babies, I don't buy that for a second either, they just felt secure in their marriage and let themselves go.

I see that I'm a johnny-come-lately to this thread. I've looked over the responses and they are mostly true and common-sensical insights based on observations of obese people. Obesity is a complex disease though, and deserves to be treated as such.

A few points:

Children and adults get obese differently. Adipose tissue in children is augmented by *hyperplasia* or cell splitting and in adults by *hypertrophy* or cell growth. The reason this is important is because there is a fair amount of competition that takes place in the body between adipose tissue (fat) and other tissues for insulin. Having more fat cells tips the balance off kilter in favor of future fat deposition because the adipose tissue will have the "advantage" of more insulin receptors. Also, once you have a fat cell in your body it is there for life unless you have it removed by liposuction. The cell can be atrophied (shrunk) by tapping fat stores but it will always remain, along with its receptors for insulin. The point to take from all this is if you are a parent, **do not allow your children to become obese** if you can help it. Otherwise you are sentencing them to a lifetime battle with their weight.

Someone who is obese as a child will have a metabolic set point that tries to maintain an overweight body in the face of weight-reduction efforts as an adult. Your body can be quite efficient when it wants to be and those who persons who have been obese as children and are trying to lose weight as adults often have to adopt Very Low Calorie Diets (VLCD's) ie.. less than 1,000 Cal per day, while engaging in vigorous exercise in order to drop the weight. Try eating 800 calories a day for just a couple of days and you'll see the drastic measures that are often needed and are sometimes necessary for months and years continuously in order to reach a normal weight.

There is a genetic *predisposition* to obesity. This is not equivalent to being "born to be fat." It's a disposition just like the genetic disposition to be an alcoholic. Ever see people who can eat like pigs, never exercise and still stay at a normal or near-normal weight? Those people are not "normal." Those people would've died off at earlier points in our evolution due to their inability to store fat and maintain their bodies during periods of famine. Those with the predisposition to be obese are the ones that would've survived as their metabolisms were efficient and stored fat during periods of plenty and burned it slow during periods of famine. Food being so readily available in modern western society bodes very badly for those with an efficient metabolism and selects for those "walking furnaces" instead. If this trend continues then our genetics will eventually alter to select for the "walking furnace model."

There's much more to obesity as well including environmental and psychological factors but it's too wide (pardon the pun) a topic to be resolved completely in a forum thread. The available information fills volumes. I would suggest further research by those that are interested beyond what's covered here. A good place to start would be the *Journal of Obesity*.

My \$0.02 😊



06-22-2004

Axetogrind

Junior Member

Join Date: May 2004

Posts: 33



Post Reply



#32



If you want a prime example of not enough work turning you fat you should look at the guy who is leading the BNP. He used to be thin but now he has too many flunkys and has gotten really fat. He should go back to working on the farm before people mistake him for a piggy!



Page 2 of 2 < 1 2

<< [Previous Thread](#) | [Next Thread](#) >>

Posting Rules



You **may not** post new threads

You **may not** post replies

You **may not** post attachments

You **may not** edit your posts

[vB code](#) is **On**

[Smilies](#) are **On**

[\[IMG\]](#) code is **On**

HTML code is **Off**

Forum Jump

Nutzpah Lounge

Go

All times are GMT -5. The time now is **10:24 PM**.

[Contact Us](#) - [Vanguard News Network Forum](#) - [Archive](#) - [Top](#)