

So How Ya Livin'?

...We can get all the nutrition we need from plantlife. If you're serious about altering your lifestyle or even contemplating the change slightly at this point, take this very seriously. Meat and animal products need never touch our lips. Don't stop reading at this point, feeling you've been cursed out. Quite to the contrary, you might find a blessing in all this. Keep reading and asking yourself *how ya livin'?*

Notice that almost none of the animals we eat are natural meat-eaters. They get their nutrition from plantlife, and we turn right around and eat them to try to get that nutrition secondhand. Our main concern seems to be with protein, but it seems we don't need as much protein as previously thought. In addition to that, the protein animals are made of isn't the same constitution as that humans are made of. Therefore, our bodies put more energy into attempting to process this protein into the kind we can use than it derives from the meat. We, therefore, end up with less protein in our bodies than we started with before we ate the food we thought would give us protein.

Now some of the men may be concerned with not getting enough bulk from fresh vegetables and fruits. Okay, your point is well taken. But consider this. Elephants and rhinoceroses are huge, and no one's ever seen them eat meat. All they eat is greenery. Cows and horses eat the same way.

The building of bulk is not strictly dependent on what we eat. Exercise plays a great part, too. Body builders, too, can be vegetarians. On the other hand, many body builders who eat and eat and eat are simply fat with a great deal of muscle mass. Many of them overeat carbohydrates to build themselves up. The purpose of carbohydrates is to provide energy for all bodily functions and exertions. Carbohydrates also help regulate protein and fat metabolism. But if a person's carbohydrate intake far outweighs his or her protein intake, there is not enough protein for the carbohydrates to regulate and the carbohydrates become fat. And coupled with a lack of exercise, the deterioration of muscles is accelerated.

Some body builders overfill on protein, which is required for the growth and development of all body tissues. If they ever stop their training, their muscles will atrophy and the fat will remain. And what is the great obsession with bulk, anyway? If competition isn't your goal, then isn't it enough to be well-built and healthy?

So, you see, being heavy isn't really so desirable unless it's heavy in mind and spirit...