



Big Fat Lies: The Truth about Obesity, Disease and Health

By Joey Lott

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fat is Bad.Right? As a society, we now have a new form of sanctioned bigotry: fat intolerance. We re told over and over again that more people worldwide are fatter than ever before in history and that s a huge problem! Why? Simply because fat is bad. There s an obesity epidemic going around and we ve got to do something about it, quick! It s been assumed that the winning solution is to eat less and exercise more. But have we even agreed on the problem? Is fat really all that bad? Better Health is Only a Liposuction Away We have assumed that being lazy leads to fatness and fatness leads to sickness.but is it true? The reasoning behind coercing all us fatties to lose weight is under the guise of better health. But it turns out that blaming fatness for sickness is a view unsupported by scientific literature. Somewhere along the lines, the correlation between weight and illness was fabricated and we ve been believing it ever since. And I know what you re thinking: what...



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