Subject: SUPERSIZE ME!
Posted by wunhuanglo on Sat, 09 Apr 2005 15:07:18 GMT
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You gotta' see this documentary movie – it's nothing short of astounding.For those who haven't heard of it:A guy, a very, very fit guy, eats nothing but McDonald's for 30 days. Within 2 weeks it actually POISINS him. His liver starts to fail: his liver chemistries go completely haywire. At one point they flash to his later lab tests and there are at least a dozen abnormals – prior to that, 3 doctors and an exercise physiologist pronounced him extraordinarily fit and healthy.It's astounding – the food actually is toxic – treats his liver like benzene would.He shows passages during the movie from a McDonald's court filing where they say, several times, that their food is bad for you – they plainly say you shouldn't consume their product!This is a must see – if only for it's view of American culture.Before you think this rave review is coming from a vegan Wayne's size let me make one thing very clear – I'd have to lose 100 pounds to get the lead in The Jackie Gleason Story . No shit.I eat this kind of crap all the time and I know that there's only one way to get to be a fat bastard, you have to eat like a fat bastard. The point is that given my personal positive bias toward eating crap as a matter of course, I still find the story not only amazing but completely credible.