

## **Be thankful the food fad nonsense is ending**

Hector Brimson - April 2001

Brimson feels quite vindicated

For years the bothering classes have been exhorting us with a cacophony of lies and misinformation in their obsessive fetish for fat free yoghurt, fat free milk, fat free food in fact.

Alas Scientists now say this fat free dietetic lunacy has actually made people fatter!

What happened when the fat was taken out of everything?

It was thoroughly tasteless and totally insipid.

So what did the manufacturers do.

Yes dear foodies they filled the products with sugar, lots of it.

And what dear children does sugar do to you children.

It makes you fat.

So to all you lardy lot who have been eating this pseudo flavourless non food that fattens

- who have been missing out on the glories of steak and roast potato

- tough biscuits.

Next time don't be a gullible bunch of food sheep.

Trust your taste buds.

They have been around for a few millennia and are more trustworthy than a bunch of chatterers in the women's magazines.

Which brings me to the next food myth that has been thoroughly dumped.

That we are by nature vegetable and cereal eaters.

What silly twaddle.

As primates of one time or another we have been round for over 2 million years. Despite the antiquity of our farmers agriculture has only been around for 10,000 years.

For over two million years our food was meat.

We weren't sitting round fruit trees eating apples.

No mate, it was mammoth streaks all the way.

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Did you know that breakfast cereal was the invention of a few plains dwellers in the 1880's in Missouri?

They couldn't get the servants to follow them out to the frontier.

Gathering the firewood to burn the porridge on the plains took forever.

So they invented the medium density fibre Board imitation and the wet cereal chaff that passes for breakfast these days.

We justify eating food trash fit only for horses on the basis that it saves time and firewood.

The news gets better.

After years of thinly disguised wowsersm it transpires a few beers a day is the healthiest thing you can do.

Well Brimson has the answer to breakfast in development at this time

The 10 second microwavable bacon, eggs, sirloin steak, onions, sausages and black pudding breakfast.

This is the breakfast of real champions. (Champions don't eat chaff)

Its the most natural meal, the most vitamin packed, mineral filled, carbohydrate intense feast.

And it's as balanced as hell when you chase it down with a few beers.

Hopefully a lot of the flatulent nonsense that passes for morality and politics enunciated by our "betters" is the result of too much imitation food.

When the latte sippers shift over to real meat and proper breakfasts we might get back to the essentials of life.

Hector Brimson