

35. How to . . .

How to become morbidly obese . . .

Start with a low metabolism.

It helps if at least one grandparent was as wide as they were tall.
(Thank you for those Middle Eastern genes, Grandma Andrews.)

Add an indolent nature.

(Why walk, when you can drive?
Why drive, when you can sit?)

Mix in enough money

so that manual labor is not necessary
(Let someone else mow the lawn,
clean the house,
walk the dog,
even corral the shopping carts!)



BUT

be poor enough to have a diet high in fillers
like pasta
and potatoes
and bread.

If it's not breaded and deep-fried, why are you eating it?

Yes, I mean even Twinkies and Oreos and Snickers and bacon . . .

(though, truth be told, bacon can be fried and covered in milk chocolate)

(Thank you, Paula Dean, and all our other Southern cooks.)

See ya'll at the State Fair!

If it's not processed

and artificial
and chemically enhanced
and totally unnatural,

why are you eating it?

Never shop the outer circle of the grocery store

where all those colorful fruits and vegetables live.

Produce is a dirty word!

Eat more

and more

and more

Exercise less

and less

and less

and you, too, can be morbidly obese,

literally dying of too much food

in a world where the less fortunate are starving.