

14. Masculinity is not fat or weak.



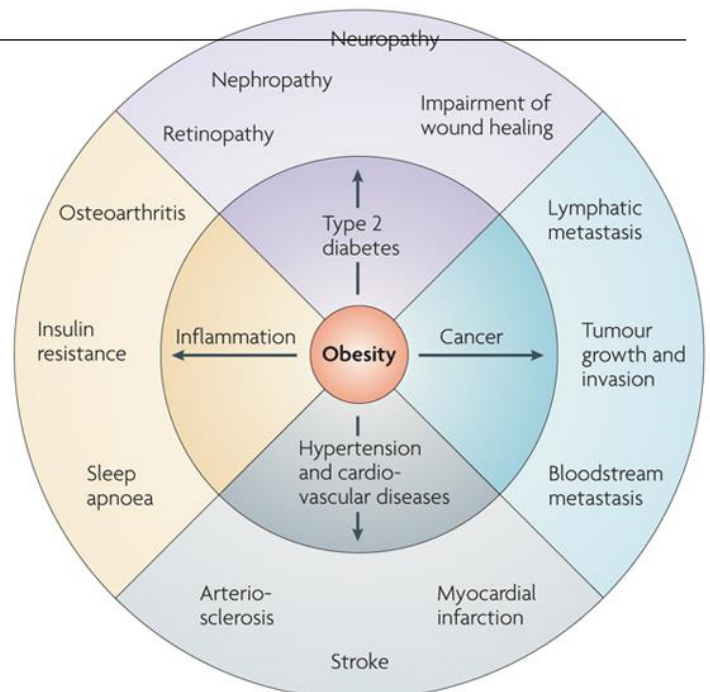
In addition to being a major turn-off to women, when a man is fat and/or weak it's undeniable proof that he does not care for himself physically. Can he be entrusted to take care of others? Of the planet? Does he value living things, LIFE, AT ALL? Make no mistake, these are questions humming in the background, unconsciously making us



suspicious. Fat and weak men cannot be trusted, but many of them are our leaders, so we really don't have a choice. Also, many men who are lean and muscular are vain, giving physical fitness a bad name. Vanity is wrong, but so is sloth. Masculinity is neither. To any man, his very first responsibility is to take care of what he's been given – that which is most fundamental and alive about his own self – his physically real self. First responsibility comes first. This is so important that he will do research and discover exactly *how* to do it. When he succeeds, he will be naturally healthy and physically attractive. Life is the winner.

The fact that the physical health of humans today is deteriorating (obesity, loss of muscle) is without question and should be regarded as evidence that we are not benefitting, at least not in the real physiological sense, from valuing wealth and the drive to make money. Despite the spectacular advances we have made in medical technologies, the plethora of chronic illnesses continues to persist and grow. Should the solution be to employ yet more medical intervention - more procedures, pills, and supplements - which certainly serves the agenda of the gigantic medical and pharmaceutical industries, or can we take a more masculine approach which emphasizes individual responsibility for disease prevention and health maintenance. The Adamocracy's program is that physical health requires adding more time-restricting and money-consuming activities, but does it?

The bulk of changes that can dramatically improve one's health are bad for the economy



In addition to these obesity-correlated diseases, studies are showing dramatic decreases in sperm count and bone density. Today's man is becoming fat, brittle, and sterile.

and good for people, because they are extremely simple, cost nothing, and take almost no time whatsoever.

Subtract before you add.

Exercise Spending any money on special clothing with logos, or a gym membership, or anything else is a completely unnecessary for getting exercise. Wherever I am right now, I can do some jumping-jacks or pushups or squat up and down a hundred times. Find a tree branch and do some pull ups. Run up and down the nearest hill or flight of stairs. (As an added benefit, brief high intensity exercise acts as a pressure relief valve for the proxy fight/flight urge, clearing the mind for rational thought). In our culture today we praise those who spend a lot of time exercising (especially training for athletic competitions like triathlons and marathons), not realizing that it promotes self-centeredness and vanity, costs time and money, and is totally unnecessary from an exercise standpoint.

Nutrition As a first step it's simply a matter of *subtracting bad* foods. I don't need to *add good* foods (that can come later). It is essentially masculine to care about food in general, nutrition as well, and to spend some time and energy to pursue the truth about it. In particular, subtract all sweets and anything that rapidly raises blood sugar and insulin levels. Do this for at least a month or two to stabilize your blood sugar levels and see what happens. The production of grains and sugar has been a boon to large agri-businesses and highly profitable for sweetened food manufacturers. The USDA and academic institutions have been on the side of these mega-corporations and giving the wrong nutritional advice for decades. The research on sugar and grains has been manipulated and selectively suppressed, but that is finally coming to an end during the last few years, as the truth trickles out.

As a second step, if subtracting bad foods doesn't work well enough for you, then just stop eating everything, drink only water, for a couple days. Most men will go into ketosis and autophagy and lose fat quickly without losing muscle. Nothing approaches a panacea like the ancient remedy of fasting.

Sleep I can *subtract* computer-time and TV-time. Shut them off and go to bed earlier. Most of us are unnecessarily suffering from sleep-deprivation.

Subtract drugs I can consume *less* drugs of all kinds; including tobacco, alcohol, and caffeine. The positives of this subtraction outweigh the negatives. None of these are "bad" in themselves, but reliance on them indicates that it may be prudent to observe what happens during complete deprivation. Then, add them in one at a time, with attention to the effects.

We have been brainwashed into believing that to be healthier we need to *add* something, which usually means purchasing something, when actually *subtracting* is far better for us. It turns out that adding makes the Adamtocracy stronger and us weaker and busier; while subtracting makes humans stronger and freer. Masculinity recognizes the rational simplicity of this approach to health. It is non-conformist and intelligent, and doesn't make excuses.

A man never criticizes a woman for being unhealthy. Instead, he leads by example!

How? Do a just a little research and you will find that health improvements are well within reach right here and now, at zero added cost, by subtracting. The main obstacles are unconsciously

believed, self-imposed, and promoted by experts in academics and in the media. It requires humble recognition to start, and then truly masculine self-discipline and courage to be non-conformist. Your body is your temple. Prove that you care about life. And if a man is able to become lean and healthy, and his woman is still obese and/or unhealthy, he works hard at figuring out why this is the case before talking about it. Then, when he knows, he shares his insights and coaches her patiently, lovingly toward natural femininity, sexual attractiveness, physical fitness. He does this because he values his own life, all of life, and definitely the lives of those around him, including the physical attractiveness of the female closest to him. He engages her here and now, neither fight nor flight. Masculinity is strong and sexual. Erectile dysfunction is almost always a symptom of his own poor health, and/or a lack of attractiveness in his closest female, not to be treated with nonchalance, avoidance, or pills.

When we work hard in the rat race, in our scarce free time, we feel the licensing effect, a strong sense that we deserve access to a pill to heal us, or to throw money at the problem, or to indulge more - in sweets, drugs, sloth, gluttony and other temptations, whatever name you want to give them. We've unwittingly invested trust in experts who work for the industries of exercise, nutrition, and medicine - a bad proxy parent that is not interested in our physical fitness, but rather in its profits. Masculine energy is self-reliant, relentless in pursuing the truth, and possesses the power to see and resist the tyranny of experts and wrestle back independent control of his physical health, his ability to assist and empower others, and ultimately his capacity for virility and love.

Note on food system:

As I mentioned in Chapter 1, our food system is over-optimized and fragile. Few of us notice this fact. While we are on the verge of collapse of our food system and/or monetary system, a stone's throw away from starvation, we are presently able to purchase nutritious food at historically low prices (as a percentage of one's earnings). With the power of taxpayer dollars and fiat currency, the US government subsidizes mega-farming practices that till and poison good land for plants that are less nutritious than they used to be. Decade by decade, food from all over the world is transported, prepared, packaged, and presented near our doorsteps for lower and lower percentages of our earnings. Without noticing, except for the few who observe that our soil, water, and bodies are being destroyed in the process, we have allowed the Adamtocracy to coax and bribe us into a comfortable, but precarious and dependent, position.

Recycle, Reduce, Reuse is a good mantra and one that we teach our children for all the right reasons. We also typically feel good about it. We feel pride, the licensing effect, and the degree to which we do so exposes us to blindness to the fact that our modern food system is doing far more damage than the positive effects that following this mantra can possibly have on the planet's life.

Humans are naturally good. We can observe this plainly. The vast majority of humans cannot stand to see life being harmed in any way whatsoever. When we see what happens in large animal confinement operations, it makes us sick. When we see any form of life in pain – whether a cow, pig, dog, cat, mouse, squirrel, or fish – out of empathic agony we recoil. Automatically our impulse is to do something to stop the pain we observe. In our homes, many of us will not kill an insect, so we trap it and release it. We may even feel some mourning when a houseplant dies. We love life. This cannot be overstated. We love life. However, we are

temporarily blind to what usually must have occurred when we eat a sandwich, even an organic one (even a vegetarian or vegan one): millions of mice were ground up in grain combines to make the organic bread, the rhizosphere/microorganisms/fungi in the soil (which is the foundation for ALL terrestrial life) was pulverized by tillers to grow more vegetables. All this death packed into the production of a simple organic, vegan sandwich, below our consciousness. We feel practically nothing for this massive killing, nor do most of us take very seriously the traditions of expressing deep gratitude (like saying grace, a meditation, a prayer) before we eat, as man has distanced himself from nature – the farm, plants, and animals. The observations suggest on the one hand, we do not like to see life being harmed; but on the other hand, we are capable of being blinded to the fact that our proxy living has increased both our ignorance of, and our complicity in, an ongoing increasing degree of destruction to life.