

# On Diet

HP Hooded Cobra 666

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*[Jax911] wrote:*

*“That’s exactly what people need to realize. Sadly, many people in my homeland, which is Mongolia, are reverting to veganism, wicca and new age bullshit due to the spiritual and physical degeneration implied by communism and Buddhism. As for the diet, traditionally our ancestors used to eat meat only in cold seasons like winter while consuming milk products in summer due to the extreme contradictory climate in central Asia. But during communism, all animals were united into communes and people started consuming meat all the time and spirituality was even strictly suppressed than before (shamans and mages met death sentence when Buddhism was introduced). And now, shamanism and occultism are rising as spiritual freedom was granted by the democratic revolution in the 90s but people depend too much on their ancestral spirits and wicca and new age bullshit are taking place for the same reason mentioned above. As for veganism, many people in modern Mongolia consume tons of meat and eat very unhealthily, which is why they brag that it is effective.”*

The debate on diet relies on two main factors:

1. Race/Background
2. The conditions around an individual
3. Natural Availability

I believe race does play a role into diet, but then again, all of the hardcore preaching about the best diet is just a big joke. One has to eat a balanced diet between meat, greens, and carbs. One can experiment around to find their own balance but this is not a thing one must preach, as it simply is pointless.

Normally people when debating about diets are giving quotes from spiritual books or studies about some people in the North Pole and how these people are so healthy because they eat only fish or other similar types of arguments.

This leaves me uninterested as I am European and therefore, for example, the dietary norms of my people are different than Asians. Also, the other argument that claims that "The past is perfect" in regards to diet is also errant, and there are also endless sources lying about diets. This has created a craze around the subject.

The main problem I would say in diet today is that our foods are highly contaminated, very unnatural. Non holistic and non-properly grown. But when you have to feed 7 billion people on the planet within this system, damning the environment and food is only to be expected. You cannot have it otherwise. If people do not want to change values and we don't want to thin out

human population, since our current lifestyle is unnatural and unsustainable by the earth, we have to create all the more artificial nutrition.

An example here is how an American scientist, in order to save the third world from mass starvation [Hateful whitey of course] developed specific types of hybridized grains. Otherwise people would have died and for the populations we see in the third world it would be impossible to stay alive. Said grains are normal and approved, but they are now replaced by GMO [Monsanto etc.]. And you can never be sure about GMO. However, compared to people wanting to choose mass death, this is the only unnatural route we can go. You cannot feed 8 billion mouths everyday organic and whole, nature has limitations, and also, we have Globalism now and the amount of food wasted is also humongous.

In regards to natural availability, we have moved past this now, and this has backlashes, but it also has prospects. People get extremely scared about the GMO and this is true, but on the other hand, if you want the current level of society to keep going, well this is a sacrifice humanity has to make. People want to have prolific and uncontrolled birth rates without remorse or understanding of the earth and with zero respect to natural cycles.

An example here is Vegans who want coleslaw in the middle of the summer and tomatoes in high winter. Well, let's develop an alien GMO for you so you can follow the diet that you claim is "Natural". Can't be done in any other way.

So in regards to diet the only thing we can truly say is to pay attention and try to eat healthy. Learning to cook a bit will also come in handy, if one has the talent for it.

In regards to general dietary laws, personal situations has to be taken into consideration. When you are 90 years old, if you eat meat daily you are going to die or have digestive impossibility, for one example. A sick person doesn't eat as a healthy person, a normal healthy person does not eat as an athlete, the list goes. A super athlete cannot survive or compete based on the diet of a person who works in an office all day.

Diet is a huge market thing as I have said again in the past, and this is why I have refused to promote any sort of dietary thing as it's evil and pointless. I have

refused to even comment on this for years, as it's all a big, bogus insanity. Above all, this doesn't have a lot to do with how you spiritually advance either. It affects it indirectly. Not eating meat doesn't make you holy nor ascends you into any higher level of consciousness, only meditation does.

One should avoid raw or strange diets as they can be deadly. People are promoting these diets to others only to become famous and get quick money, without concern of how this may kill other people. So long as you have a balanced diet and nutritious food, you will be alright, and nothing does affect your development spiritually, unless it's so bad it makes you feel unhealthy and therefore lack of health or vigor gets in the way.

Racial science would also come extremely much in handy with analysis of a person and people more in-depth. But this is prohibited today as we consider this 'racist'. Race is fundamental in what diet we are to follow. Just look in America, white people aren't supposed to eat extremely huge caloric bombs nor do black people, as these races become very easily obese by following diets of extreme caloric intake.

Veganism is deadly and so is eating only meat. It's just that by eating only meat one dies in a different way such as strokes or digestion problems, while with veganism you just wither away and perish, many times suffering also, because the system collapses. Vegans are mentally insane and this also comes down to physical reasons for the system lacking support. Meat is nutritious and grounding. Without meat there is no vigor, and without greenery there is no lubrication and movement in the intestines. It's not rocket science, it's all very simple.

There is no holy diet, only holy people, i.e., people who are spiritual and strive to spiritually advance.

There is a healthy diet and healthy diets do help you spiritually by keeping the body in a healthy condition and by supporting it, health is always related to balance.