

**EAT AND GROW
THIN: THE
MAHDAH MENUS**

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Eat and Grow Thin: The Mahdah Menus by Vance Thompson

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VANCE THOMPSON

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THIN: THE
MAHDAH MENUS**

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AND GROW THIN

THE MAHDAH MENUS

WITH A PREFACE BY
VANCE THOMPSON



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"Moneo, Domine, ut sis prudens ad victum."

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A PREFACE
BY
VANCE THOMPSON

I

THE TRAGEDY OF FAT

“**T**HE fate of nations depends upon how they are fed.” This historic remark was made a century ago—shortly after the battle of Waterloo—by that meditative Frenchman, Brillat-Savarin. He had seen the mighty French empire fall to pieces in the hands of a fat Napoleon. He had foretold the sad event as he watched the young hero take on paunch and jowls—and join the grotesque band of the *gastrophori*. No one heeded him. He was a prophet