

Beat: Lifestyle

## USA Grossly Obese Says Aussie Professor

### Prof Nicolle angry at Fast Food Giants

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**USPA NEWS** - "America is winning the battle of the bulge over Australia", Says a very angry and outspoken Professor Dennis Nicolle from Melbourne Australia.

"Australia was ahead in this battle, but now America, is fatter than Australia"<sup>[1]</sup>, says Professor Dennis Nicolle one of Australia's most accredited health and Nutritionist and 9 times published author of the best seller series "'Think and Grow Healthy'".

Professor Nicolle went on to say, "The big fat surprise, that was awfully popular, has turned into the big fat lie. America it seems, from looking at the pictures taken at random do love to be overweight and sick. Oh, I know you might think this is not true and I can imagine your anger at even the suggestion of it, as a brief discussion on this very subject began with:

"No, they don't. No one likes being fat or sick."<sup>[2]</sup> A large lady angrily commented.

"Really! Then why do these same people who wouldn't hesitate to buy a \$5 meal that is made up of a burger, fries and a coke and do the same again a few hours later, think that these actions won't make them fat and sick?"<sup>[3]</sup> I reply.

"Now look here, you don't have to insult them."<sup>[4]</sup> This comment was made by a somewhat annoyed and even larger gentleman.

"Insult? Said Professor Nicolle, that is interesting. What word do you think then, should be used when an action you take, assaults your body, your mind, your spirit and leads you to a very poor state of health?"<sup>[5]</sup>

"I don't know why I'm Fat,"<sup>[6]</sup> was the general consensus according to Professor Nicolle.

According to Professor Nicolle it is this reply and similar replies that are frequently given by the overweight and obese and equally as often by the unhealthy in the countries that lead the battle of the bulge. "People want to be slim, but their food choices lead them to be overweight. They want to be healthy, but their lifestyles lead them to be sick."<sup>[7]</sup>

"What fears lead them you may wonder and may well ask that prevents them from not changing what passes their lips they refer to as meals or food? What habits do you think they need to change to change their lifestyles can be found in Professor Nicolle's latest book "'Having Actions Belying In Thought' available on Amazon.

It has been said, that without your health all else is lost and after my interview with Professor Nicolle it is clear that he is very outspoken and won't hold back about Americans now hold the global title in his very qualified opinion as the "'Fattest Country in the World'".

Professor Nicolle says "Habits That Keep You Overweight, are habits you most likely want to change. If not, you're in trouble or there is much trouble ahead of you, regarding your health; that will affect every part of your life and those who may depend on you. On that you can rely. It's best to have no pretense, especially when it comes to having habits that literally make you sick, if you are not sick already."

Professor Nicolle is urging Australians to keep on track with the remarkable health regime most have turned to while in lock-down due to Covid 19 restrictions in Australia and urge fellow Australians to not mirror the fast food trends of what he now refers to as "The Fattest Nation in the World", referring to the USA.

**Article online:**

<https://www.uspa24.com/bericht-17901/usa-grossly-obese-says-aussie-professor.html>

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