

## S.T.A.R.V.E. The Perfect Diet Plan

*By Madison Becka*

Hey there! Are you tired of living life in the slow lane because of your weight? Tired of the overwhelming guilt you feel for being morbidly obese? Tired of being an inconvenience to the world around you because of your size? This program is designed to help you get in shape and achieve the body you have always dreamed of! While other diet plans may suggest such ludicrous nonsense as eating healthy or getting good exercise, this foolproof plan is guaranteed to help you see the pounds drop! Our six step program, S.T.A.R.V.E., is scientifically proven and approved by the experts to help you drop the dead weight lightning fast!

The first step in this excruciatingly effective master plan is Stop. Stop is the process which the title's definition implies: to come to a halt. That being true, this step requires you to just stop all eating and exercising. Just stop. No more food. No one wants to hear the excuses that food is essential to staying "healthy" or that your internal organs "need" the nutrients from food to survive. That's heresy spouted simply to fatten you up to become a pawn in the game of life rather than controlling your own outcome. At the end of the day, all food is good for is being more calories ingested, just weighing you down. On the other side of the spectrum is exercise. Don't believe what certain "professional" personal trainers may say about how exercise is essential to staying fit. Again the lies! You know what happens when you exercise? You develop muscle, and that's just more weight! Such a Satanically-based ritual as exercising only furthers you from your goal of losing your weight.

Next in this horrifyingly incredible program is the step Take, meaning take many pills. That's right folks! Time to start popping those bombers! Tell Susie Q to move aside because diet pills are about to become your new best friend. Whether it be Phen Phen, Proactol, or laxatives, be sure to pop plenty pills daily. Now a tip from the pros: when reading the directions label for the number you should intake, be sure to multiply that number by at least two to assure that they will work. Only those who mean business will. If this step is completed correctly, this is where you should be able to start seeing your hip bones, ribs, and shoulders protruding greatly from under your skin, an excellent sign that things are going in the right direction.

Thirdly, this next step is where you will be able to start seeing a more drastic change in your physical appearance, Amenorrhea. This "disease" is our third step in this sickeningly wonderful strategy where your face and skin start to turn this gorgeous yellow color and start to sink in, revealing your great facial bone structure. Another sign of progress is the development of brittle hair. But no worries: less hair equals less weight and, let's face it, the bald look is so back in style. While some may stare and question your health, simply ignore them and walk by. Those people obviously will never be as physically fit and toned as you without the S.T.A.R.V.E. diet plan. So just go on and let the haters hate since they aren't fit enough to have a protruding bone structure, yellow sunken skin and brittle hair.

Step four stands for Resistance. This might be one of the more challenging steps since it will finally expose you to the deception your family and friends have been hiding all along. At this point in the diet plan, your family and friends will try and convince you that you are "sick" or need to start eating again. Can you imagine the nerve?! They want you to forget all the

valuable knowledge you have learned through this disgustingly amazing program to return to the “healthy” state of existence you were once at? Horrifying! This is the perfect time to start isolating yourself from those who “love” you since all they’re doing is trying to fatten you up again anyway.

The fifth step in our dementedly magnificent plan is Vomiting, the purification stage. Now while in some cases this may be an optional stage depending on your personal social interactions, it is a very important one to keep in your back pocket just in case. Say you are put in a special situation in which you are pretty much required to eat, such as a dinner date with a handsome fella. Now, this is before you have told him about your awesome diet plan since it’s only your first date and you don’t want to be rude and deny a “gift” from him such as dinner. Don’t panic. If you run to the bathroom immediately after your meal, you may be able to upchuck the majority of your calorie intake for the evening. Now beware: this step may lead to trips to the emergency room because of dehydration or malnutrition. Take those trips to the emergency room as a victory lap! Only the professionals ever make it that far! The fact that you are able to remove such weight from your body so fast is a skill only professionals are capable of, definitely a milestone.

The final and most grotesquely fantastic step in our incredible diet plan is Exasperation. During this state of being you should have slimmed down to at least ninety pounds or under; otherwise, you have failed yourself and are still morbidly obese. This particular step allows you to feel a sense of completion, realizing that every little thing that doesn’t involve you losing weight or maintaining this program infuriates you beyond your imagination. Once you have

become seemingly brainwashed by our astonishingly unsettling program, nothing else in your life that you have pushed aside will matter.

In conclusion, the S.T.A.R.V.E. diet program will help you transform into the perfectly healthy yellow-skinned, human skeleton you always dreamed of becoming. Don't forget how your significant other will love your new two-by-four figure! Stunning! Instead of pushing one hundred pounds—the first level of weight considered to be morbidly obese—you'll be in great shape at about seventy-five to eighty pounds guaranteed! Only the strong shall survive this program, so do you think you can S.T.A.R.V.E.?