

# Make America Healthy Again: Our Road Back To National Health, Part 1



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**Part 1: What you see is what will kill you. Becoming an obese society.**

Last week, a 495 pound Detroit, Michigan woman made national news because her Lyft driver could not carry her because he said his car couldn't take the weight and his tires wouldn't survive. She brought a lawsuit against him this week.

One look at that woman would bring to mind severe diabetes, a massive heart attack before age 35, or a devastating stroke that would render her crippled for life. By 40, she would need both knees and hips replaced, and a new heart transplant all on the American taxpayer's dollar.

If you watch TV programs, you might have seen, "My 600 Pound Life" or "Biggest Loser" or "Fat Friends." Each show captivates the audience with Americans struggling to lose weight 100, 200 and even 300 pounds from their bodies.

There's one show that's pro-obesity, "My Big Fat Fabulous Life." The women on the show flaunt their gargantuan obesity with tights, wigs, makeup, ugly cleavage that you want to "unsee", and jewels. You can witness their flabby arms and flabby legs dripping over their knees. Their ankles look like

giant sausages gone wild. To be sure, none of them are living a “fabulous life.”

Why is that life? They must swallow endless high blood pressure pills, insulin to deal with their diabetes, pain killers to deal with their joints aching, livers disintegrating, stomach pills, Preparation H, and Metamucil to help them eliminate their deadly intake of sugar, salt, processed foods, diet sodas and just about every kind of unhealthy ‘food’ that they ingest.

What’s incredibly sad, they are eating the “S.A.D.”, which stands for the Standard American Diet. It’s deadly to 66 percent of Americans because that’s the number of Americans who face obesity and gross obesity. Half that 66 percent hit the “grossly obese” category. You can see it all around. While you’ll witness 200 to 250 pound women in the Midwest and East Coast, you’ll see 250 and 350 pound men across all 50 states.

The medical costs are into the trillions of dollars. You’ve got 1.0 million heart attacks annually for men. You’ve got another 1.0 million cancers of all kinds. You see 399,000 deaths annually from diabetes. (Source: American Diabetes Association, [www.diabetes.org](http://www.diabetes.org))

We’re so unhealthy that most Americans suffer grave consequences because they consume only 15 to 20 percent fiber daily. That makes for an “eating to elimination” period of 72 to 90 hours. That way, the food rots in the colon and rectum to create colorectal cancer, diverticulitis, hemorrhoids, polyps, and leaky gut. Colorectal cancers kill 50,000 Americans annually and another 150,000 discover they contracted that cancer each year. All because of their “S.A.D.” food intake.

All those obese American women set themselves up for breast cancer because their “thick” fat blood cannot feed their

mammary glands with enough oxygen and nutrients to keep them healthy. It's called "high triglycerides" in the blood. The red blood cells are stuck together with all the "oil" (fats) in the blood so they cannot deliver oxygen and food because the red blood cells are clumped together as they try to move through the capillaries. The fatter a woman, the faster cancer will visit her.

Recently, the U.S. Surgeon General announced that drink beers and liquor causes seven kinds of cancers in 100,000 American males annually. On average, 20,000 die from those cancers.

As a former Cardiac Catheterization Medical Technician at Butterworth Hospital in Grand Rapids, Michigan, I witnessed obese bodies come into the heart lab daily. Fat, fatter, and obese! Most of them in their 40's and 50's. Smoking, drinking and 30 pound bellies of fat was their norm. I would be talking to them before their procedure, and sometimes, I would watch them suffer a heart attack on the table. I would wheel them the morgue. It scared the living hell out of me. Why? Because my father died at the age of 46. He wasn't fat, but his cholesterol was off the charts at 350 mgs per deciliter unit measure of blood.

For anyone reading this series, you need to keep your serum cholesterol at 160 mgs or below. The American average is 220 mgs, which is 60 points over saturation level. AVOID STATIN DRUGS AT ALL COSTS! The higher you rise in cholesterol, the faster you clog your heart's coronary arteries. Your HDL should be above 50 mgs/dl. Your LDL should be less than 100 mgs/dl. If you allow yourself to cheat those numbers, you're headed for instant death or the ICU, and/or stroke and being crippled. That's why I became a vegetarian 54 years ago and avoid dairy products. Two of my brothers didn't follow my advice. One died of a massive heart attack at 50 and the other suffered a horrible stroke at 55.

Do you drink soda pop or diet soda? If you do, you're part of

the billions of dental cavities filled annually by dentists. Those caramels get between your teeth, set up bacterial colonies, and devour your enamel. If you drink diet soda with Sucralose, it's a synthetic sugar GMO that your system doesn't know how to handle...so it stores the molecules in your fat cells. You become a walking synthetic chemical sugar dump. By all means, if you don't care, then, do the Dew!

## **DO I HAVE YOUR ATTENTION?**

In the foregoing paragraphs, I've only covered a few things caused by the "S.A.D." If this series doesn't sober the living h\*ll out of you, I don't know what will. If you are fat or obese, I will give you keys to a "slim and trim" future. If you would like to be around to see your kids graduate from high school, I can help you with knowledge.

If you think all those Big Pharma products with all those weird names will cure you, that would be a big mistake. They never cure you. They keep you sick so they keep making money off you.

Most Americans think that the grocery stores fill their shelves with nutritional foods. The average grocery store offers around 60,000 'food' items. About 50,000 of those cardboard packages, glass containers, plastic containers, metal containers...contain every kind of chemical under the sun. Do you think the candy or cereal companies care about your health with their "massively sugared" cereals or fancy chemicalized drinks or preservatives that will make a packaged bakery good last for six months? Answer: not on your life.

If Robert F. Kennedy enjoys confirmation to become the Secretary of HHS, we might see him going after grocery store food manufacturers who poison their foods. He might educate Americans on how to eat. He might bring the weight of his office on the junk food joints. Let's face it, none of those burger places care about your health. NONE!

In this series, you will learn how to eat well. You will learn how to live slim and trim. You will learn how to be a healthy human being. In the end, the government won't save you because there are TOO many mega-corporations like Monsanto that want to continue poisoning you to death. Money speaks louder with members of Congress.

Part 2: It's the little nasty things from eating packaged foods daily that do all the damage. If you want me to cover more facets of this series, email me: [frostyw@juno.com](mailto:frostyw@juno.com) I will research your request. We all deserve to live a healthy, fulfilling and happy life.

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