

Forum:[Hack Forums](#)

Thread: [Popular Diets: Benefits and Risks](#)

Jamika - October 11, 2024, 2:00 am

Hello everyone

So i want ur opinion

Popular Diets, just like Keto, Intermittent Fasting, and Plant-Based Diets

Have u ever been into any? Do you think its benefits really deserves the bad effects it may have?

Whats ur opinion?

Chrome - October 11, 2024, 2:08 am

I am currently on eat like a fat cunt diet, it's very effective.

Jamika - October 11, 2024, 2:09 am

(Oct 11, 2024 02:08 AM)Chromeproducts Wrote: [\[CITE\]](#) I am currently on eat like a fat cunt diet, it's very effective.

Lol, just eat what u love diet, an elephant creation version lol

Chrome - October 11, 2024, 2:11 am

(Oct 11, 2024 02:09 AM)Jamika Wrote: [\[CITE\]](#) Lol, just eat what u love diet, an elephant creation version lol

Yeah, I tell people im bulking but not in a good way lol

DashPHP - October 11, 2024, 2:11 am

4 years of intermittent fasting here:

It's the best move because for the average person it's a great way to maintain shape during our busy day to day tasks.

During your eating window, eat what you want. Just be mindful of your calories but not too mindful.

Consistency is key, with fasting I can eat what I want during my eating window and I like that a lot.

Aeowulf - October 11, 2024, 9:37 am

I've been plant-based for 7 years. Mine and my wife's health problems all went away. Our kids have been plant-based their entire lives and outside of a round of flu and covid that everyone handled like champs, they've never been sick.