



Vegetarian Mini-Story Lesson

Hello. This is AJ Hoge again and this is the mini-story for “Vegetarian.”

Let’s get started.

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Porky pig wanted to lose weight.

What did he want to lose?

Weight, he wanted to lose weight.

Did he want to become thinner or did he want to become fatter?

Well, of course, thinner. He wanted to become thinner. He wanted to lose weight.

Who wanted to lose weight?

Porky pig, that’s right. Porky pig wanted to lose weight.

So he went to Dr. Atkins. He said, “Dr. Atkins, I want to lose weight. Please help me.” Dr. Atkins said, “Okay, eat lots of meat and fat. It tastes great and you’ll lose weight.”

Who said, “Eat lots of meat and fat”?

Dr. Atkins, Dr. Atkins said, “Eat lots of meat and fat. It tastes great and you’ll lose weight.”

It tastes how?

It tastes great. It tastes great and you’ll lose weight.

Porky said, “Hey, you are preachin’ to the choir. I love meat.”

Did Porky agree with Dr. Atkins?

Yes, he already agreed with Dr. Atkins. He said, “You are preachin’ to the choir.” You’re trying to persuade me but I already agree. I already love meat. I already love fat. So he said, “You are preachin’ to the choir.” You don’t need to change my mind. You don’t need to persuade me. I already agree.



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Was Dr. Atkins preaching to the choir with Porky?

Yes, he was preaching to the choir with Porky. Porky already agreed with him.

Who was preaching to the choir?

Dr. Atkins, Dr. Atkins was preaching to the choir. Dr. Atkins was trying to convince someone who already agreed with him.

So who said, "You are preachin' to the choir"?

Porky said it. Porky said, "You are preachin' to the choir."

Who did he say, "You are preachin' to the choir" to? Who did he say it to?

He said it to Dr. Atkins. Porky said to Dr. Atkins, "You are preachin' to the choir. I love meat."

So Porky went home. Every day he ate lots and lots of meat. Lots and lots of fat, everything but the kitchen sink.

Did he eat everything possible?

Well almost. Almost, he ate everything but the kitchen sink.

Did he eat a lot of meat?

Yes, he ate a lot of meat.

Did he eat a lot of fat?

Yes, he ate a lot of fat. He ate everything but the kitchen sink. He ate almost everything possible.

What did he eat?

Everything but the kitchen sink. Almost everything possible.

Who ate everything but the kitchen sink?



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Porky the pig, Porky pig ate everything but the kitchen sink.

How did he feel after he ate everything but the kitchen sink?

Well, in fact he felt terrible. Porky felt terrible. He got sick. Every day he felt more and more sick.

Did Porky lose weight?

Well, in the beginning he lost some weight. But eventually he gained more and more and more weight. He got fatter and fatter and fatter. He became super fat.

Who became super fat?

Porky became super fat.

Did Porky feel good?

No, he felt terrible. He felt sick. He felt terrible. And he got fatter and fatter and fatter. He became obese. Obese, obese means super, super fat.

So Porky pig became obese. So he decided, "I need to see someone else. I need to ask another person for help." He went to John Robbins. John Robbins said, "As a rule, you should eat lots of fruits and vegetables to lose weight. You must also exercise."

Now, did John Robbins say that usually, generally, you should eat lots of fruits and vegetables, or only sometimes?

Well, usually, generally... he said as a rule. As a rule means generally. As a rule means usually or generally. So as a rule, you should eat lots of fruits and vegetables.

Who should eat lots of fruits and vegetables as a rule?

Well everybody, in fact. Everybody, right. John Robbins said, "As a rule, you should eat lots of fruits and vegetables to lose weight." You meaning Porky pig. But also you meaning everybody in general, the plural you... more than one. So John Robbins said as a rule, generally you should eat lots of fruits and vegetables to lose weight and you must also exercise.



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Did Porky like this idea?

No, no, no. Porky did not like this idea. This information went in one ear and out the other. Porky ignored John's advice and he kept eating meat and he kept eating fat.

Did Porky listen to John or did the information go in one ear and out the other?

Well, in fact it went in one ear and out the other. John's advice went in one ear and out the other.

What went in one ear and out the other?

John's advice. John's advice went in one ear and out the other. Porky ignored John's advice.

Who ignored it?

Porky. John's advice went in one ear and out the other.

Did Porky continue to eat meat and fat?

Yes, he did. He continued. He kept eating meat and fat.

Did he continue to eat everything but the kitchen sink?

Oh, yes, he did. He kept eating everything but the kitchen sink. Everything possible.

Well, one month later Porky had a heart attack. And he almost died.

Did Porky have a heart attack?

Yes, he did. He had a heart attack. His heart stopped and he almost died.

Was Porky happy when he had the heart attack?

No, of course not. He wasn't happy when he had the heart attack.

How did he feel?

Well, he was scared. He was terrified. Very scared when he had the heart attack.



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Why was he very scared?

Because he almost died. Right, he had a heart attack, he almost died. So Porky was very, very scared. He didn't want to die.

He said, "I've seen the light. I must eat lots of fruits and vegetables."

Did Porky suddenly understand John's advice?

Yes, he did. He suddenly understood. He said, "I've seen the light." I have suddenly understood. I have seen the light.

Who saw the light?

Porky pig saw the light.

Did Porky pig suddenly understand that he needed to eat a lot of fruits and vegetables?

Yes, he did. He saw the light. Porky pig saw the light.

Who saw the light?

Porky pig. Porky pig saw the light.

What did he see the light about?

About eating fruits and vegetables, he understood about eating fruits and vegetables. He saw the light about eating lots of fruits and vegetables.

He went home from the hospital and became a vegetarian. He ate only fresh fruit and vegetables and brown rice. He began to feel better and better and he lost 528 pounds. He was a slim and handsome pig.

How many pounds did he lose?

Five hundred and twenty-eight, he lost 528 pounds.



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Did he lose 528 kilos or did he lose 528 pounds?

Well pounds, he didn't lose kilos. He's an American pig. So he lost 528 pounds, not kilos.

Who lost 528 pounds?

Porky, Porky pig lost 528 pounds.

How did he look after he lost 528 pounds? How did he look?

Well he looked great. He looked thin and handsome.

Who looked thin and handsome?

Porky pig, Porky pig looked thin and handsome.

Why did Porky pig suddenly look thin and handsome?

Well because he lost 528 pounds. Because he lost 528 pounds, he suddenly looked thin and handsome. He was a handsome pig.

Of course, his vegetarian diet played a major role in helping him lose weight.

What played a major role in helping him lose weight?

His vegetarian diet played a major role in helping him lose weight.

Was his vegetarian diet a major influence, a major reason for him losing weight?

Well, yes it was. His vegetarian diet played a major role in helping him lose weight.

It played a major role in helping who lose weight?

Well, in helping Porky pig lose weight. His vegetarian diet played a major role in helping Porky pig lose weight.

What played a major role?

His vegetarian diet, his vegetarian diet played a major role in helping him lose weight.



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Did it play a major role or did it play a minor role? A big reason or a small reason?

A big reason, it played a major role in helping him lose weight. It was a major reason he lost weight.

And how is Porky now?

Well, now Porky is thin, slim, healthy and handsome. He's one handsome pig.

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Okay, that is the end of "Vegetarian" mini-story. I hope you enjoyed it. As always, do remember. Deep learning, deep learning, deep learning. Remember to listen to this lesson every day for seven or more days. You need to learn it very deeply. Okay, don't go ahead, stick with one lesson set every day, every day, every day. Seven days, eight days, ten days, it's okay. Deep learning is very important.

Okay, I'll see you next time, thanks. This is AJ, goodbye.