

# Why Feed Too Much a Dying Body

By : Juggernaut

Why feed a dying body is a bizaare philosophy but a practical one if imoplemented to go easy on aging body by eating less and less.



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Subba Rao

â I see you were cutting down on your food intake these days,â Dan looked at Juggernaut eating half sandwich.

â Yes, I am trying to conform to a philosophy â why feed the dying bodyâ as per this philosophy, one shall start eating less and less from age 65.â

â I know moderate eating is good as age progresses but the notion why feed the dying body sounds bizarre.â

â Not at all; why overwhelm a dying body with too much calories, it only breakdown the body fast. The bodyâ s efficiency improves on limited calories.â

â Your argument sounds logical but to comply with your philosophy is tough and impossible,â Dan polished off a triple-decker sandwich with three different meats drenched in mayonnaise.â

â Whenever I feel hungry, I take a bite of a green chilly or pickled pepper or a cucumber and that kills the hunger for a time being.â

â How you came about that?â

â This was almost 40 years ago while I was teaching at a college, a woman was living in a small hut just outside my rented studio, every day I watched her pounding green chilies in a stone mortar, in close observation I noticed she was making a chutney out of green chilies with little salt and tamarind, thatâ s all she ate with boiled rice; sometimes she ate boiled rice with hot tamarind water; she could not afford vegetables or legumes or buttermilk. I know she has a son living on the other side of the town working as a peon in an government office, he visited her on bicycle once in a while, on occasions brought his well dressed young daughter and yet his old mother was living in utter poverty eating hot chilly chutney every day. On my inquiry one day, she said â sir, only hot chilies kill my hunger otherwise hunger pains me whole day long.â

I did not ask her if her son was of any help but I employed her to do simple chores as means of helping her out not that I need help to clean my room or wash dishes or clothes, I made sure that I cooked more food than what I normally eat to leave the excess food as a left over for her. I donâ t want her know that I was cooking more for her, I want her to feel that I am just giving the left-overs in the pot, my intention was to provide her one decent meal a day. This I did until I left for abroad. The old woman eating hot chilly chutney was always on my mind. When you asked how I know a hot pepper can kill hunger, I learned from that impoverished woman 40 years ago, now I am implementing the same philosophy under different circumstances, there she wants to ward off the hunger pains from lack of food, now here. I am eating hot chilies to ward off excess food. Consider tummy grumbling from hunger pains as sounds of victory.â Juggernaut started clapping and chanting loudly â why feed the dying body.â

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