

## Dieting

Written by Dr. John E. Russell Sr -

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### \*\*\*YOU KNOW YOU'RE OVERWEIGHT WHEN

1

You step on a talking scale  
and it says,

"One at a time, please!"

2

You're wearing a yellow suit  
and people two blocks away yell,

"Taxi!"

3

You put on your Honda  
instead of getting into it.

4

Your knees buckle  
but your belt won't.

### \*\*\*TEXAS A & M STUDY

After years of scientific inquiry,  
scientists have discovered  
a common cause of being overweight:  
Gravity.

### \*\*\*LIKE A BIRD

Wife: "I can't understand why I gain so much weight,  
I eat like a bird!"

Husband: "Yeah! Twice your own weight every day!"

### \*\*\*HE WAS SO BIG

That everyone in class  
sat next to him.

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From my ebook, *They All Laughed At Me When I Said That I Was Going to Write A Joke Book*.

Download this book free at

<http://BusterSoft.com/JRCM>

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