



## Nasty diseases

“What did they live on?” said Alice, who always took a great interest in questions of eating and drinking.

“They lived on treacle,” said the Dormouse, after thinking a minute or two.

“They couldn’t have done that, you know,” Alice gently remarked; “they’d have been ill.”

“So they were,” said the Dormouse; “very ill.”

*Alice’s Adventures in Wonderland*, Lewis Carroll<sup>1</sup>

‘The results for your liver are obscene beyond anything I would have thought . . . My advice to you as a physician is that you have got to stop’ advised Morgan Spurlock’s doctor. In the film *Super Size Me*, Morgan Spurlock conducted an experiment. He ate McDonald’s meals three times a day for 30 days; ate super-size helpings whenever offered that option; and visited his doctor for regular health checks. Over the 30 days Spurlock became progressively sicker; gained 24 and a half pounds (eleven kilos); his liver turned to fat; cholesterol shot up; and he doubled his risk of heart failure.<sup>2</sup>