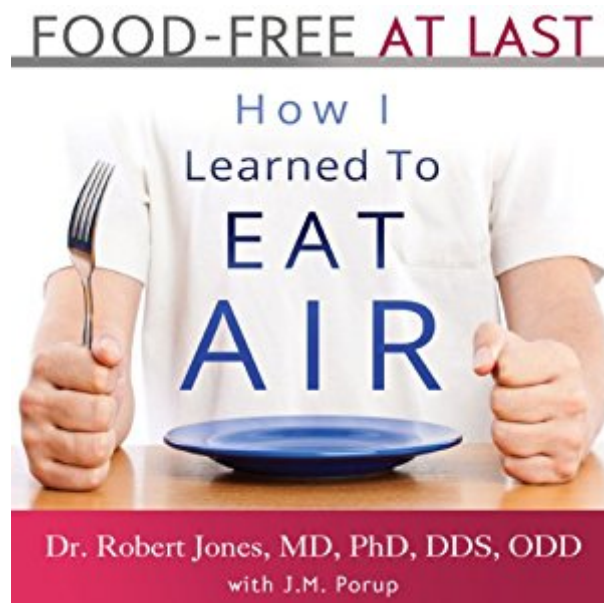


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# Food-Free At Last: How I Learned To Eat Air



## Synopsis

Get the Monkey Off Your Back! Food is a drug. Break the shackles of addiction and learn to eat air! In this detailed guide, Dr. Robert Jones, MD, PhD, DDS, ODD gives you the practical, step-by-step advice you need to transition to the air-only diet. Common Questions About the Air-Only Diet: Q: Eating air? Are you crazy? A: I am a medical doctor with more than forty years of clinical experience. An Obesity Epidemic is sweeping across our great nation. Eating air is the answer. Q: Isn't there a risk of malnutrition? A: Not at all! Air contains all the vitamins, minerals, electrolytes and essential amino acids your body needs. Q: A friend of mine went on the air-only diet and starved to death. Will I die too? A: Lies, lies and more lies! Propaganda spread by the agro-business special interests that run Washington. They will do anything to keep you down, in ignorance of the truth! A Million Dieters Can't be Wrong! Every day the emails pour in: "Thank you, Dr. Robert Jones, MD, PhD, DDS, ODD! Oh, thank you! I've eaten nothing but air for the last two months and I've lost eight hundred pounds! My husband says I'll make a fine skeleton! I can't wait!!!" "Damn this air is tasty." "Dear Dr. Jones, What a discovery! You make Einstein look like an ignoramus. We hereby award you the Prizes for Medicine, Chemistry and Peace." - the Nobel Committee Also in This Groundbreaking Diet Book: Lunge and Chomp - Learn the Secrets of Air-Eating Technique! The Twelve Steps to Food Freedom - Anyone Can Do It! The Hidden Menace in Our Society That Can Prevent You From Eating Air - and How We as a Nation Can Overcome It! About the Author An acclaimed pioneer in the field of Airitarianism, Dr. Robert Jones, MD, PhD, DDS, ODD has dedicated his life to freeing food-eaters from slavery to addictive caloric substances. That's why he wrote Food-Free at Last to expose the truth the agro-business special interests don't want you to know. And that's why he's running for President in 2013. It's time to put this country on a diet - the air-only diet, the only diet proven to work. It's time to cure our great nation of the Obesity Epidemic sweeping from coast to coast. It's time to end the oligarchy's influence on our political process and bring true freedom back to America. Go the Power of Air!

## Book Information

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## Customer Reviews

The most frightening thing about this book was that I could entirely see someone reading this and believing every word. It sounds just like every other "scientific" diet book out there. Worth a quick laugh. I could see giving this to whatever annoying person in your life who keeps insisting everyone try the latest fad diet. You probably know someone like that.

I found this book very entertaining. He brings you along the path in a way that makes you think, "Hey, I could do that step." Of course, any sensible person knows from the title it's a satire. But, you could try a few steps and actually get somewhere. Like anything, you have to know when to stop. LOL Thank you for the entertaining book.

As far as I can see there are four types of reactions to this book. 1. People who realize that it's a satire and find it funny. 2. People who realize that it's a satire and aren't all that amused by it. 3. People who didn't realize it was a joke until halfway through and are now angry for being fooled. 4. People who still haven't figured out that Dr. Jones isn't a real person and that it's all a big stupid joke. Personally, I fall in group 2. I believe this book had potential to be pretty funny, however it lack consistency in the execution, thus causing the groups 3 and 4 reactions. The first part was written in a way that was almost convincing and then suddenly goes into utter nonsense towards the end, causing many readers to not know whether to take it seriously or not. Honestly, after reading the other reviews, I couldn't help but lmao at all the people who still believe Dr. Jones is a real person and that he believes all the stuff he is writing. I mean come on, the last part of the book is an add on (assuming it's the 33rd print of the book) talking about how he became president and how the fat camps are going. Rather than catching on to the joke, people assumed he needed mental help..... Seriously?! I have to say, the reviews were a lot funnier than the book itself. If the real author set out on this venture just to mess with gullible people, he succeeded. Most people didn't even question the "author's" credentials. Dr. Robert Jones MD PhD DDS ODD, I'm pretty sure that ODD is a

mental disorder. For anyone who is thinking about reading this book, here is a video posted by the "author" where he basically reads half the book to you.

<https://www.youtube.com/watch?v=TTFFUhlu52A> If you find the video funny, you may like the book. Otherwise, you may find more entertainment in just reading the reviews. I sure did.

I loved this book so much I told everyone about it. The problem was I spent so much time pushing air out to form speech I wasn't eating. I almost starved to death. So now I simply write comments on websites and gulp air while doing so. The great thing about Dr. Jones (now Prophet Jones) is that his name is really easy to remember. Just five letters J O N E S and there are a lot of phrases you can use to help remember it like keeping up with the Joneses or some song about a Mr. Jones and Me but that isn't the me that is me. The me in the song is a completely different me and not the me writing the review. Anyway I would like to meet Prophet Jones because I am confused about his final (R)evolutionary step. We've conquered slavery to food and are now working on conquering slavery to air and becoming completely spiritual beings. Why aren't we destroying all plant life? Don't they produce O<sub>2</sub>? Just a thought.

I bought this book because it seemed funny. I liked the fact that all the reviews thought it was a real thing, and got all upset. That showed me that the author really took his time and did actual research. If you are an idiot, you won't get this book, and should probably go buy a book about fart jokes.

Food-Free At Last At first I thought this diet was bogus-- you gotta watch out for that kinda thing cuz there are so many fad diets, but Dr. Jones you really do know your science! Dr. Jones described me to a 'T'--food IS my addiction--or should I say 'was' my addiction! Dr. Jones seriously saved my life! I read the book and was like, "oh my god, has Dr. Jones been spying on me?" I do daydream about my next bar of chocolate--this book hits home and is full of facts! Truth is I'm a food addict and I see it so clearly now (well, out of my right eye, recently lost vision in the left)--As soon as I finished reading the book I shared it with my friend who was also a slave to the food monkey! And I said to her "are you thinking what I'm thinking?" And her and I both swore there and then--let's DO this diet for real! Finally an answer to all our problems! No more wanting to kill ourselves wishing we looked like the gorgeous, anorexic, airbrushed supermodels with hot celebrity boyfriends and tons of money--that was going to be us! Dr. Jones, if it weren't for all the hard science beyond your work, I have to admit I may not have believed your diet could work such miracles, but you sure know about elements and science stuff! Wow! I totally recommend this book to everyone! Let Dr. Jones' diet

revolutionize your life too! Just sayin' you truly did save my life! I lost 2 thousand pounds in my first week alone! My friend died, they said she was "emaciated" and died of "malnourishment,"-I don't get big words like that but I know it had nothing to do with your air-only diet! Haven't gotten any calls yet from modeling agencies but I know that's going to happen!--I gotta wrap up this review, not much...energy....left...in...meeeeeee bvcdrtgyuhjkn\_\_\_\_\_

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