

# News and Articles from John Robbins



Outside Phoenix, Arizona, there is a restaurant called The Heart Attack Grill. The menu features items such as "Quadruple Bypass Burgers" that carry 8,000 calories, and "Flatliner Fries" that are deep-fried in pure lard. A few weeks ago, the spokesman for the restaurant, a man named Blair River, died. He had been the public face of the restaurant and the star of its advertising. He was only 29-years-old. What happened to this single father of a five-year-old daughter? Was part of the problem that he weighed 575 pounds?

And then there's Natala Constantine. Three years ago, when she was 29-years-old, she weighed nearly 400 pounds, was suffering from severe diabetes, and took as many as 13 medications a day. Today, she has lost nearly 200 pounds, her diabetes is in complete remission, and she is medication-free. How did she do it?

Two morbidly obese people, with two very different outcomes. You can read the inside story about what made the difference in John Robbins' [latest feature article](#) on Huffington Post.

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*John Robbins is the author of the recently released tenth anniversary edition of "The Food Revolution: How Your Diet Can Help Save Your Life And Our World." He is also the author of many other bestsellers, including the classic "Diet For A New America," and "The New Good Life: Living Better Than Ever in an Age of Less." For more information about John Robbins and his work, and for access to dozens of his articles and posts, [click here](#).*