

Dear Hugh,

I hope this letter finds you and your family well.

I, like all your fans, was super-excited to hear that you'll soon be reprising your role as Wolverine in the upcoming *Deadpool 3*. As someone who has also been tasked with gaining outrageous amounts of muscle and getting in stage shape (for bodybuilding competitions) in a short time, I understand better than most just how challenging a total-body transformation can be to achieve.

I'd like to share some information with you and extend my support during your journey. My "secret", of course, is no real secret: I avoid all animal products in order to build the maximum possible muscle and strength by eating vegan. Not only is this lifestyle super-healthy, providing me with ample protein, macro- and micronutrients, and fibre, it's also a way to live in line with my values of respecting animals and the planet. I feel that you, Hugh, share these values, and I invite you to discuss a diet plan that will get you to Wolverine-level strength and reflect the Wolverine-sized compassion that I know you have.

Every year, more than 100 billion land animals used for their flesh and milk are routinely and systemically abused in the industries that exploit them. Countless undercover investigations documenting the routine mistreatment of farmed animals have revealed [workers beating and stomping on them](#), [sexually assaulting them](#), and [milking them despite abscesses streaming with pus](#) due to infections caused by filthy living conditions.

The toll this industrial animal abuse takes on the environment is catastrophic. In what it calls our "final warning", a recent report from the United Nations Intergovernmental Panel on Climate Change cautions that "there is a rapidly closing window of opportunity to secure a liveable and sustainable future for all" and cites deforestation – the clearing of natural habitats to accommodate animal husbandry – as a major driver in greenhouse gas emissions and loss of biodiversity.

It's also worth noting that human health is at risk whenever animals are farmed and eaten. I'm sure you, like I, have been following [the worrying incidence of mammalian-acquired avian flu](#): according to scientists, **we must stop producing and consuming birds, such as chickens, in order to mitigate the risk of a pandemic with the potential to be far more deadly than COVID-19.**

Hugh, I greatly admire your humanitarianism and dedication to your craft. I know that your current diet, which includes meat, with an emphasis on chicken flesh, is designed to help you grow strong, but I can assure you – first-hand – that a plant-based diet is the key to even greater gains, more ethically won.

I would love to help you boost your achievements through a plant-based lifestyle and am making myself available to answer any questions you may have about how you can build incredible strength while practicing incredible empathy for hundreds of billions of sentient individuals and protecting the planet like a real superhero.

Warm regards,

*Patrik Baboumian*