

# This Youtuber is Slowly Killing Himself for Views

**Intro:** Imagine slowly killing yourself for other people's viewing pleasure. That's exactly what YouTuber Nikocado Avocado is doing on his page.

*(In background, play clip starting at [2:19 to 2:36](#))* In this video, popular "Mukbanger" Nikocado Avocado blames his viewers for his weight gain and health issues before filming himself eating several large pizzas. It wasn't always like this for Nikocado, who actually got his start on YouTube in the vegan community before eventually becoming a popular "mukbanger" with millions of subscribers. His popularity comes with a price though, and has led not only to his physical deterioration, but a mental decline as well.

Originating in Korea, "[mukbangs](#)" are videos where the host eats large quantities of food while addressing the audience. After moving to Columbia, Avocado began posting videos to YouTube of him playing the violin and discussing being a vegan. His first video of him eating a vegan dish gained 50,000 views, and Nikocado Avocado began to make more and more videos of him eating. Later Avocado went on to claim that being a vegan caused several health issues for him as well as accuse the online vegan community of being toxic, which led to him abandoning the lifestyle altogether.

After that, Avocado's videos primarily became mukbang videos. Even though he was no longer vegan, Avocado did attempt to keep his meals relatively clean and healthy at first, but soon more and more of his videos were of him consuming larger and larger quantities of food, and his weight began to steadily increase. Avocado seemed to have the naive belief that he wouldn't gain weight due to his fast metabolism, but as he devoured meals that totaled over 10,000 calories, he jumped to over two hundred pounds.

At first Avocado was in denial of his weight gain, claiming it was stress and water weight, but as he continued to make videos, his weight also steadily advanced. Avocado insisted that he would change his lifestyle if he found himself getting close to three hundred pounds, but as he neared that benchmark, Avocado seemed to not take the issue seriously and even joked about being angry that he lost a few pounds. Eventually, Avocado worked out the math that it would take two years to get back to the weight he was when he first started making videos, and decided that it was not worth the effort. Not only did he finally hit three hundred pounds, but he eventually surpassed it.

Avocado was gaining an alarming amount of weight, but it was affecting his personal life as well. He claimed that he was having difficulty getting erections, and he and his boyfriend would frequently fight or break-up in his videos. Avocado began to not only document his eating habits on YouTube, but his physical and mental deterioration. Because of his size he developed sleep apnea, needed a full time live-in nurse, broke several ribs, and became mostly confined to his bed, needing a mobility chair for when he went out. Videos about his personal drama and mental health became another source for Youtube views, with one video gaining as many as [21 million views](#). It seemed that there was nothing Avocado couldn't exploit for his viewers, and as his health and personal life deteriorated, his popularity on YouTube continued to skyrocket, and he went on to purchase a [\\$2.3 million dollar penthouse](#) overlooking Las Vegas.

When he started posting Mukbang videos, Avocado was 155 pounds, but now weighs around 352 pounds. Despite his weight gain and health issues, Nikocado Avocado cannot stop because that's what his audience tunes in to see. His [YouTube](#) page has 3.57 million subscribers, and each video he posts averages around 1 million views. Even though he still insists that he wishes to lose weight, posting mukbang videos is what brought Avocado fame and fortune. While some of his viewers have expressed concern over his health, many more tune in out of a morbid fascination. To most, it seems unrealistic that he can continue on this current path, but with his audience still tuning in to watch, Nikocado Avocado has no other choice but to continue slowly eating himself to death for their enjoyment.