



February 2004

Hey there, Healthy People-

Looks like we've a meeting planned for Friday the 13th! I always like those days. I figure many people's expectation is elsewhere, so there's more blessing available for me. So far I am thinking of doing another vegan pizza. I've done enough of those by now and enjoyed them that they're worth sharing again.

The good news about the Hallelujah Diet is that the longer you stay on it, the better it goes for you. The health benefits just keep multiplying. By this time we're getting a few people who've been pressing in and going for it for several years, and the testimonies are getting good. We're doing more, handling stress better, and having fewer problems. Can't really say no problems yet, but they're smaller and come spaced farther apart. Remember, the way of the world is to wind down as the years go by. While that applies to us too, we don't need to use the same calendar, do we?

On another note, I'm reminded of Will Rogers, how he claimed that one of his Oklahoma farm chores was knocking the Republican Party. Can't say I try to knock others too often but I sure find myself piqued by Dr. Atkins' Diet plan. The books and philosophies seem evident every time I go to the grocery store—even the healthy food stores. The *low carbohydrate* mantra is being screamed from the windows of all kinds of fast food establishments. And untold church leaders follow it, dare I say, *religiously?*

So what's the problem? Atkins is the 'have your cake and eat it too' pied piper of the diet world. Have all the

meat and fat and grease you can get your hands on, but avoid carbohydrates like poison. The body drops some weight, not because it's being given the right tools to work with and not because it's shielded from the baggage of empty calories. It drops weight because the food combinations eaten create an unnatural and ultimately unhealthy condition. There are short-term benefits associated with the loss of body fat, but look out for the big picture!

Living on a high protein diet carries consequences. It puts a tremendous strain on the liver and kidneys, eliminating the toxic residues. Since protein breaks down as acid it becomes impossible to keep a proper level of calcium within one's body and bones. High protein irritates the colon and raises one's risk for that nasty cancer. In addition, the fats associated with animal protein have their own set of problems.

What brought this all to a head today was the announcement that the autopsy on Dr. Atkins had just been made public. Among other issues, he had high blood pressure, high cholesterol, and was clinically obese. Hmmm—*But his books are selling so well...* James Thurber had a saying too, "You can fool too many people too much of the time."

You know, it really is wonderful to be feeling good. Even when I'm ranting and cranky I'm having fun. Hope to see you Friday... By the way, there's a new issue of 'Back To The Garden' available. Come pick up a few to pass out...

-Gary-

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