



May 2004

Hi There, Healthy People-

Feels like a season when everything is happening fast and we need to pray just a bit more because we've gone out of our depth and don't want to sink like Peter when he went walking on water. It's been exciting but challenging too. I'm reminded so much that no matter how many answers we have ready, we still need to watch and pray because we never have enough!

I made a few trips to the dentist lately. First for a cleaning and checkup, then for some fillings. Way too many fillings—4 or 5 if I counted right. This is only since November when I got my dentures, as the cavities are where the denture hits.

Hmm, come to think of it I've been eating a lot of fruit lately, often in place of salad. This is because the present dentures have only been temporary and my mouth still hasn't settled down from the teeth that were removed. So salad's been difficult, and what's been eaten hasn't been chewed all that well...

So I'm getting another denture fitted ASAP and am going more with blended salads and a lot more rinsing my mouth out and other hygienic moves and more attempts at 'tightening up the diet'. Constant effort is required!

So with all that, what again are the basics of the Hallelujah diet? The biggest one, "The Salad is THE MAIN MEAL!" Here are the leafy green vegetables, served raw and brimming with all the nutrition our Heavenly Father put into them in the first place.

We don't start getting *Hallelujah* results just because we eliminate meat, avoid dairy, or buy our candy bars from a healthier source, it's when we start making leafy green vegetables the major part of our diet, along with vegetable juices and some fresh fruit.

The second largest pillar is exercise. If we don't find a way to rev up our engine on a regular basis, wastes collect and poison us from within. Again, the busy schedule and even the blessing of God can be an enemy of sorts as we have to work harder to hold to the things that brought us life in the first place. It sounds strange to put it that way, but that is how it works!

Success can be the toughest test of all. Joyce Meyer told of asking advice of a seasoned old minister whom she admired greatly. She asked for the best advice he could give her, and his reply was, "Whatever it took to get you where you are today, keep doing it!" It works for ministry, it works for health too.

Another test and trial has been some financial breathing room. That's a test because such respite is only temporary—depending on how we use it. One thing I looked into is reflected in the attachment. I stocked up some, but not without reservations. I'm looking for things that will help people get started out with a diet change but it's not that expedient for me to be a storekeeper. So if anything interests you, I'd be happy to make a sale, if not you're certainly welcome to ignore my folly.

As I help demonstrate food preparation to people, sometimes going into their houses and working in their kitchens, I notice what a difference a good knife can make. The ones I've used for years were purchased through a restaurant supply

house, and were quite reasonable. I remember paying about \$20 for the pair (8" and 10"), and being totally satisfied, even impressed as I compared them to other fancy sets I encountered. (Of course, that was in 1988 dollars). Checking around at the local kitchen stores there didn't seem anything comparable, especially in a price range that had a friendly feel to it.

So I went looking for something I could offer folks that would help them in their kitchens and save them money too. I found a closeout and the quality is there, but the price is way more than I ever wanted to get into. Most of the people I encounter with this diet have to really scramble to purchase a container of Barleymax and have to pray and look for a miracle to get a juicer. So forty and forty-five dollar knives were not the original goal and a \$225 set was definitely not on the program. I'm still looking for a quality 'starter' set.

That's part of where prayer has to come in. There's such a spirit of captivation in the world. Something always tries to pull us off of the goal. What's the point? What's the bottom line? What is the irreducible minimum? What will get us there? Something that really impressed me with the Hallelujah Acres people was their commitment to keep the diet simple and affordable. When you visit their facility it doesn't feel like a 'health food store'. There are no long lines of racks with every supplement in the world. Just the basics. A few little add-ons are great. But add-ons aren't the basics and often people get into trouble because they get pulled away from their bottom line.

I think this month we'll talk a little more on "the basics". I also have videos of testimonies from people who've turned their lives around, and it would be good to watch a few.

Although the main meeting starts at 7:00, feel free to get there about 6:30. At that time we'll be finishing up food to serve. If you don't know what to bring, just come at that time and help with something. It's always a good time talking and learning.

And if I'm on your prayer list, please pray for me too. I'm trying to share some of my frustrations and vulnerabilities because I know some people do pray for me and I want you to be able to pray for the right person—who I am, not who I may try to appear to be. And if you have prayer needs, bring them to the group this Friday. God seems very close at this season and we'd be happy to lend agreement on whatever needs you may have.

-Gary-

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