



August 2004

Hey, Diet People:

Hallelujah to you all this month. Looks like our second Friday will fall on the 13th this month. Those particular Fridays have always done pretty well for me. I think it may be that there's extra blessing lying around because other people aren't using theirs. What can I say?

This time last year I was in Mexico, recovering from my surgery. Actually, I'm still recovering from the years of poisoning with all the mercury and root canals but I can tell things are getting better. I was warned that I'd tend to feel an echo of the surgery trauma about a year later and I did have a few weeks in mid July where I wasn't much good for anything. My overall feeling right now though is *better*. Still feel like I'm playing 'catch up' with life, but *better* is better.

I'm starting to exercise and work out a bit when I come home from work again. All my joints seem to be noisy but nothing is hurting or giving discomfort. I think there's a lot of stuff still flushing out and I need to keep it moving with physical activity. I cut a few laurels in my back yard last week so I can get a bit of evening sunshine while I work out. Everything helps.

It is staggering how the body can heal itself if we just give it a chance. Body soul and spirit if we do our part, which is to keep them all fed. It keeps coming back to the saying that almost all disease either represents malnutrition or toxicity. Most diseases are a combination of both. The more I read both on disease and of people who've overcome them nutritionally,

the more I see the goodness of God in our fallen world. We don't have to be sick!

I'm asking God specifically for some good diabetes testimonies. The people whom I speak with that have it (type II) all seem convinced their only hope lies in doing enough of what the doctor told them to kind of keep sliding by. But I'm reading testimonies of doctors and those who've beaten the disease that it's caused pure and simple by a buildup of animal fat within the body and reverses itself in short order once the Standard American Diet issue (SAD) is resolved.

What a deal! As a non-medical person I have to be very careful what I say to others regarding their physical condition. But anyone can give a testimony, and if it's good others will do what you did in order to get what you got.

On a little more somber note, I shared last month that our friend Lynne was down at a cancer clinic in Mexico with her mother. Well her mother passed away in mid-month. Even though she was starting to take extra good care of her body, sometimes there's just a point that we won't recover from. Where is that point? Only God seems to know. But for those of us who begin to modify our diet and lifestyle early on, the prognosis is good for a long and healthy life.

I don't think my month would be complete if I didn't take a poke at the Atkins diet. One can hardly go anywhere without either meeting someone on it or being bombarded by advertising of one sort or other. Well, I just found a website, www.atkinsfacts.com. Responsible people in the medical community have a lot to say concerning this diet, and it aint pretty. If you need any more convincing, or if you know someone who does, just look it up.

Hope I see a bunch of you here next
Friday.

-Gary-

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