



January 2005

Hello Everyone!

Feels a little strange to be at about the halfway point for our month before we get together, but that's how it works this time. Hope your holidays were a blessing. Things are extra special for Sandra and myself as everything we do is our first time as a married couple. Well, this marks our third Hallelujah Diet meeting so we can't say "everything" any more, but almost.

Last week I was looking through the expanded edition of the 'Return of the King' movie and one of the last items was a tribute to a young New Zealand filmmaker who died recently of cancer. Cameron Duncan was 16 when his life ended and the story was quite touching.

Included in the presentation were a couple short films he'd made that gave expression to his battles with the disease. They were portraits of courage and heroism but also of knowing he was in a battle for his life he might not win.

What a different story he might have told if he'd been given the information we've been working with, that the human body can heal itself given two conditions, that we give it what it needs and stop putting in things that hurt it. In other words, give it lots of fresh live veggies, and stop putting in animal products, white sugar, white flour, and table salt.

Would that have saved a young man like that? Impossible to tell. For cancer to develop at such an early age, his body would have already been in deep trouble. But a lifestyle change can re-shuffle the deck.

"You have to play the hand you're dealt", my mother was told by her doctor. That's true but if you play cards regular you notice some people win more than others. They play smarter.

When my mother was in the hospital in 2001, her doctor was in too, also a cancer patient. He was playing his hand. My mom got a few more years and some really good times just by adding carrot juice to her diet. She didn't go with the whole program, just a little of it. But it helped.

When we compare the statistics of those who change their lifestyle with those who go with the best that medicine can provide, there's a huge difference. Medical *success* is based on a 5 year survival rate. The ratio is not great within the 5 year window, and past that the numbers get worse in a hurry. But when we go with the best food God has already provided and combine that with a lifestyle that honors the needs of our physical body we see good years begin to stack up.

Beyond cancer, we need to look at what we may regard as health. Many who consider themselves healthy are taking at least one prescription drug every single day. That's not health.

Others have a daily need for OTC's, from aspirin to antacids clear down to the other end of the alphabet. True health gives us everything we need from the food we eat. Nothing is hurting, so nothing is needed. Simple.

So, if you're looking for some inspiration, maybe just a little fellowship and support, as well as a few how-to's, come on by Friday. If you have a good Hallelujah Diet or other raw food recipe, bring it along.

And remember, we're all struggling to make this thing work. There's nothing harder I've ever done with my life than

making a diet change. Not only is it difficult, but the world seems dead set against making it easy for us.

Worse than that, most of our family, church friends, and the medical establishment will do anything they can to pull us off the path. I know that's an exaggeration, but it sure seems to work that way. They just have no idea the difference a person can experience in their life if they'll work at it. We have to make it work ourselves and then show them.

See you Friday....

Gary & Sandra

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