



February 2005

Hello All-

Time flies by. This past fortnight has seen 2 youth conferences and a trade show at my business, and the week before that was fasting, prayer and prophecy. All have been draining physically and emotionally. I'm a little ragged by now, but still in surprisingly good shape. As we were finishing up packing our trade show one of my co-workers told me that he should be thinking about my diet. He said, "We're all dragging and you're fresh as can be."

Well, I thought I felt draggy but there must have been more to it than that. I did bounce back faster than the others I work with, most of whom are younger than myself. Have to conclude this really does work, sometimes even when we don't think so.

The next day began the second youth conference followed by an evening of worship leading in another church. One busy day after another. By the end of the conference I was beginning to feel chilled and nauseous.

The last few days have seen a few symptoms. Raspy throat, runny nose, occasional fevers. One would call it a cold, but people on a raw food vegan diet don't get colds. You have to call it detoxification.

The actual discomfort has been slight. Coughs have quickly passed, runny noses haven't lasted long, and I got through the night of worship leading without losing my voice. I have been requiring and getting extra sleep. I'm loving that...

One of my co-workers has gone from pneumonia to other infections and

problems that have his doctors scrambling to come up with newer and nastier prescriptions. We saw the latest bug march through our workplace like an invading army.

Compared to what I had to work hard to earn the others really suffered. Wonder what would have happened if they'd tried to do altar work in the midst of thousands of hot sweaty teenagers packed in so tight one couldn't even walk through the midst of them at times?

It keeps getting back to the same thing- there's healing power in fresh, live fruits and vegetables. My friend with pneumonia likes to get in my face and tell me: Vegetables are what my food eats! During the trade show, in the midst of so many casualties I made the comment, "You just don't get it." His reply, "I got it, all right." But of course, he was referring to the pneumonia. One wonders...

Got a new recipe to try on you all this Friday. Cream of Celery soup. This is a raw soup, so quickly made it's almost ridiculous, with a rich and unexpected flavor. Got a favorite? Maybe it's time to try something new. There are lots of recipe's out there. Just about the time we feel boxed in and bored the Lord helps us lift our eyes and see what we've been missing. Hope you can make it...

-Gary & Sandra-

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