



March 2005

Hello, Hallelujah People!

This month we need to slip back a week and meet on the 18th. Those of you who've been tracking with me a few years know I always have to work around the spring conference at City Bible Church. In years past it was known as the Northwest Intercessor's Conference, this year it's the Northwest Breakthrough Conference. By any name it works out to be a very special week and well worth taking the time for.

We're looking, after all, for breakthroughs in our life. The Hallelujah Diet releases a breakthrough in health but we know that all the areas of life interact and intertwine. That which affects our health touches our emotions and affects our finances and even enters into areas of faith and spirituality.

Healthy people find it easier to trust God and have fewer obstacles to serving and obeying Him. Some physical problems are manifestations or results of spiritual problems. Emotions can keep us sick or make us well. Each year I seem to hear or receive something at the conference that helps me physically.

This month we're going to have a special emphasis called "Liven Up Your Live Food". We'll look at making and try sampling some chips, dips and spreads. As a meeting night special Rhonda Malkmus's book Salad Dressings For Life will be available for the special price of \$10 (normally \$13.95). Those of you working with this diet and wondering how to keep it interesting would do well to get a book such as this and try some new recipes. A good recipe is almost like

discovering a new country, or meeting a new friend.

In addition we'll be talking some on the taste and color. Can you name the five taste families? Do you know the relationship between nutrition and color? Perhaps we can spice up your life a little. The biggest surprise in a raw food diet is how good things can be made to taste.

Guess I should run now, but I sure hope you can make it this month.

-Gary & Sandra-

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