

November 2005



## Hello All-

Just a quick note this time. Last week was draining and this week has been kind of a watershed. The move still goes on, but we are totally out of the SE house and all that remains is sorting, organizing, discarding, and settling in. Obviously it will be a laid back time this Friday. Depending on who wants to show we may just go find a nice vegetarian buffet and go out for the evening. So for this month only, if you're coming please let us know and we'll plan accordingly.

Did any of you make it to the *Eternity* play last week? I was in the prayer room almost every night, followed by praying at the altar call for people. It was really intense and I pushed into a level of exhaustion that doesn't happen very often. Even so, my and even though this has been a week of recovery (busy recovery) it's been good. I made sure I had an extra good lunch with lots of salad goodies every day and took some BarleyMax capsules to the prayer room. That worked.

Tuesday I celebrated my 53rd birthday. I say celebrated, although I deprived Sandra a little by insisting she keep it very, very simple. I work with a few other people about my age. Compared to them I find myself in great shape. One guy called me a hypochondriac because of all my diet and health emphasis, but he's spent lots of time in doctor's offices this year, and my last visit was more than a year ago for a checkup. Oh well...

Part of moving is that I now need to reprint all of my letterheads, and redo all of my stamped literature and such. A couple of months ago I got a bit of a shock. I happened to look at a current photo of myself and compare it with the one that I'd

been putting on the different literature I printed, one that was taken in January of '02. Back then I'd just finished dealing with some root canal issues and skin cancer surgery. I'd started to feel rather good again, and thought I looked healthy. I'd been on the Hallelujah Diet a little over a year.

The current picture shows a man who just radiates life. His eyes and smile stand out boldly where in the previous picture they were mired in puffy flesh. All the inflammation and trauma of those 17 infected root canal teeth had to be stored somewhere, and although the last thing I wanted to do was lose 20 pounds, the two pictures tell a story. It's hard staying with the diet program, and having the dental work done was a hard decision, but LIFE is priceless. I do have hope of gaining that much or more back, not as dead weight but active muscle and bone. Once the body is done with its own season of housecleaning, anything's possible.

We're starting to get back into the carrot juice routine again too. In all the upheaval and stuff it kind of got away from us, but I took a container of the CarrotJuice Max powder to my workplace, where I already had Barleymax. If there's a will, there's a way...

Hoping to see you Friday... (RSVP)

-Gary & Sandra-

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Gary 2002



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