

April 2006



Hello everyone-

Another month another meeting. This could be the one where you break through to a new level of health and fitness or it could just be another Friday with friends. Sounds like win-win, but I want the double portion.

Last month as I wrote I was struggling with some strength and energy issues, as well as a nasty cough. After checking out a couple options I did go with a lady who was able to get results for me. When I started her program I felt better from the very first day. Some time later I had a conference with her and she was able to identify the areas of struggle for me.

Seems I've been having a major issue with toxicity (poisoning) by copper. This has probably been in my body a long time but as other issues have resolved themselves, copper has come to the forefront. Most of the reaction centers in my thyroid, which explains why my weight has taken another tumble. However, under treatment, I'm starting to gain back again.

How far back can something like this go? She suggested maybe 20 years. Perhaps so, but I recall a story my parents told me that I swallowed a penny back in the days when I kind of toddled around and don't remember much. They said it took three days to work its way through my system (not unusual on a meat and dairy diet), and I had terrible problems with gas and cramping while it did.

You know, three days digestion on a penny would be a serious amount of copper. Most

of my health issues go back this far too. Are we finally addressing the "original sin" so to speak? Stay tuned.

It's interesting that part of our support group pass outs talk about detoxification issues. What happens when eating healthier makes us feel worse? This is a serious question, for most of us are short term in responding to good and bad feelings. We cling to bad stuff because of all the grief that may go with getting rid of it.

Breaking the addiction cycle would give both health and liberty. Anything toxic appears to be addictive, just as anything addictive is toxic. Chocolate, white sugar, coffee, rich greasy fatty foods... "I'm not addicted! I just don't want to stop." Ha! (Fortunately, I never developed a taste for copper pennies-but I do like money).

Sometimes we do nothing wrong. The stuff that wants to clean out goes back so far we don't know when it got there. So there are times to just 'hold our ground' so to speak, give the body what it needs and let it do what it needs to. In rare cases a person may need professional help, like I did.

There's nothing wrong with getting help when we need it. But just the same, do it wisely and carefully. In years back I've gone the medical route for similar symptoms. They were quick to prescribe an anti-biotic before sending me on my way. I felt better faster, but what my body was trying to do was thwarted and trouble just kept coming back.

Then again, I tried another alternative health practitioner first. He had impressive credentials and worked through a local tester and a conference call as he read the results of the test to you. I found him to be arrogant and unsympathetic, especially toward the vegan diet.

"Well, you'll just have to get off of that if you want to be healthy," was his summation. He assigned me a pre-printed diet plan that covered perhaps 90% of the Hallelujah Diet® and told me to come back for a retest in about two weeks. Feeling very little helped I left, did start working his diet suggestions, and thought over what he'd said. The answers I came up with were as

follows:

-His profile of health was based upon people whose bodies had been damaged by the over consumption of animal products. His 'norm' was not one I needed to follow. Why would I let him mold my body to such a standard? Books such as "The China Project" completely associate animal products with most of our degenerative diseases. That's science!

-The founder and best example of this treatment plan died at the comparatively young age of 82 from cancer associated with lead poisoning from a war injury. I've been hearing better testimonies from HA.

-While there are Scripture and Bible verses used in this other plan, I've always been of the theological persuasion that God's first idea is His best. In Gen 1:29 God gave man his diet. I see the adding of meat at a later date not being an upgrade but a downgrade. God lowered His expectation so there would be one less obstacle between him and His beloved creation. But the consequences in terms of sickness and early death... It's not a sin to eat meat, just a bad idea.

-The testimonies of those on his plan speak of how hard it is to follow, requiring frequent testing and constantly adjusting the supplement mix. Only a handful of people in the world are qualified to evaluate the tests and make proper recommendations.

While oversight may be necessary for extreme cases (such as mine right now) it doesn't sound right for the long haul. The Hallelujah Diet(r) principle is to give the body a variety of real, living food, and let it call the shots and absorb what it needs. From the user standpoint it's very simple in this regard. I like simplicity. I find the best things in God are simple.

-Since my present diet was very close to his "ideal" diet, I saw very little point in wasting a couple of weeks just waiting to come back and be retested. Did my counselor miss something important? (I may have been at fault here as I didn't communicate much during the phone interview. I was rather turned off by his brusque manner and quick dismissal of my vegan diet. Not only that, I felt awful). But that was another sign that

this might not be God's path for me. Sometimes you just don't hit it off. The founder of this treatment plan said that you should see results within 36 hours from anyone who attempts to help you. Not this time.

The following week I made contact with the second health care person, was tested, and received a supplement package that helped immediately. When I mentioned to her about my diet she told me it was possible to be healthy as a vegan but especially important to eat a good variety of things including beans, nuts, and seeds. You know, that's exactly what the Hallelujah Diet® teaches!

So you know, the Bible teaches, "seek and ye shall find". (Ask/Seek/Knock). Our first line of seeking is always prayer, of course. But there are times to go out and knock on a few doors. Keep an open mind, but prove all things. That's Bible.

Friday we expect at least one person who's fairly new to the whole Hallelujah Diet® concept so we'll definitely try to cover some basics. But that's always the key to success isn't it? Just keep doing the basics and try to get them right!

Friday, April 14th, 7 PM

To your health...

-Gary & Sandra-

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