



December 2003

Hey All-

It's that time again. Been a busy couple of weeks and a busy season but it just keeps going well. So if you can make it, come on over and we'll have a bit of a break from the madness of Christmas.

In our last letter I was just getting ready to pack up and go to Mexico for a check over and a set of dentures. The check over was especially suspenseful as some of the people handling my treatment assured me I couldn't recover from the dental issues as a vegetarian. I think I shared how my incoming health (for 16 root canals), and initial improvements were remarkable by their standards. However, after 3 months on the Hallelujah Diet (I stopped using their supplements after a few weeks) my blood test came back close to perfect.

There were no major concerns. I was still a little down in iron and red blood, but everything was functioning and absorbing properly. The doctor down there told me that he was jealous of how well I was doing. Not only that, last week he referred one of his patients to me who'd been down for the dental revision but wasn't presently doing well. -Wow- (We never did make it through phone tag, but it's the thought that counts).

The best news however, is that I continue to feel great and pick up strength. I only feel a little less tired at this point, but am sure covering a lot more ground. This letter is about a week late, but that's because I've been out doing things pretty much every night.

One of the topics we'll be touching will be wheat grass juice. Barleymax is one of a family of the juice of cereal grasses. As a dried product it is extremely convenient to have available

at any given time. But there are other green products too and some of them have their strengths so we'll talk about them and have a tasting session.

We'll also be trying to spend a bit of time talking and praying. What are your needs, concerns, victories, and failures? We're all here to help one another. So if you can, come on over...

-Gary-

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