



June 2004

Hello there for June-

Weather's warming up and I've been getting my tomatoes planted—at least trying to. I'm still learning lots about gardening.

A few years back on one of Lorraine Day's videos she remarked that the very best vegetables were not only raw but fresh out of the garden. There's only one way to get them that fresh and that's grow some. It's been an adventure...

Life still seems to be full of touch and go adventures. Lately I've been going through even more misery over mercury issues. When I got my dentistry cleaned up last summer I was warned that going into a conventional dental office could be a painful experience because of all the mercury in the air. Let's just say I've proven that to my own satisfaction.

It just brings home again how much work there is in living smart. The Hallelujah diet works. Will we work the diet? Will we actually build a salad-based diet into our lifestyle? Like anything else worthwhile, there seem to be a lot of de-motivators around. But there are good challenges too. Between the weekly health tips, the latest "Back to the Garden", some of the local testimonies of my friends and my own victories, good things are happening.

Got another book by Dr. Fuhrman, "Fasting and Eating for Health". Like his "Eat To Live" book it's a tremendous challenge and affirmation of what can be done through a radical diet change. One thing Dr. Fuhrman

does well is explain why a halfhearted reform doesn't get the job done. He demonstrates too how some allegations from the medical community that diet changes do no good are flawed because they're based on halfway, inadequate changes. He's had great success on type II diabetes, heart conditions, blood pressure, arthritis, and various other auto-immune diseases. It's good to hear from a winner.

Just got a shipment of some brand new candy bars. In addition to the Maple Nut Royale I had last year there's a new one called Vanilla Nut Goodee, and a more expensive one (\$2.99) known as a Survival Bar. The survival bar contains BarleyMax, Carrot Max, and Beet Max. Have to say the taste is surprisingly good. I think I had one almost completely eaten before my taste buds began to realize that it was intended to be good for me. Supposed to be an acceptable choice for a meal on the run (hope that doesn't happen too often).

The attachment this month is the list of products I actually have right now. I try to stock most of the new products HA feels strongly about but I don't always get a chance to talk about them. I would certainly encourage you all to check such things out in the "Back to the Garden" publication. The Hallelujah Diet is not product based so much as knowledge based. With a good understanding of the diet principles it should be possible to stay strong and healthy anywhere in the world. But the products they source and recommend are heavily researched not only for uncompromising quality but four-star value too.

A few years back they referred us to a particular barley juice powder. It was a great product- the best of its kind. But as time went by, other processes became available, some of them

better. The HA team wound up marketing Barleymax- a superior product. Now for a barley powder, in a pinch, I could refer you to a product that can even be found in the health section of your local Fred Meyer store. It is priced about the same as the multi-level-marketing product they once recommended. But BarleyMax is more potent for about half that price.

Most supplements are not recommended with the Hallelujah Diet. Reason is, we get pretty much everything the way God intended, through our food, when it's the right food. B-12 however, is a proven need for many people. But there's a gotcha. Most B-12 supplements are ineffective, being an unusable form and sometimes derived from sources you would rather not know about. With the HA product you have the assurance that it's been checked to be effective and (sounds strange to have to say this) non-toxic.

Lately they've been getting into some cleaning products. Seems among other things, people who do house cleaning for a living tend to have health problems due to exposure to the standard cleaning products. Hmm.

Come to think of it, there are products such as soap that gets rubbed all over my body daily. Better make sure it's safe...

So the attached list this month is of things I actually have in stock one could purchase at the monthly meeting or just drop over and pick up. It feels like a fine line between talking about what's available or being some kind of shameless merchant. However, since I've been kind of quiet about all this in time past I'll take a chance on getting the word out now...

Hope as many of you as need to come can make it this month. But if you

miss Friday, I'm available by phone to answer questions, schedule a time to pick up a product, demonstrate a juicer, or anything that would help you live better in the Hallelujah Diet® way.

Later...

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