



April 2005

Well a happy April to you all-

What a month I've been through! The conference was great (as expected), but there's always recovery time after things of this magnitude. So I've been a few weeks catching my breath but here we are in April and ready to get together again.

This month we'll be taking a special look at water and juicing. Although both are edible liquids they're not the same subject. Do you know the top 10 facts about water? What is the relationship between water, inorganic minerals, and our health? Do you know which water hurts and which helps promote healing?

In like manner, do you know the food category most likely to promote healing within the body? No food will heal us, but there are foods that can help the body to heal itself. Do you know how to get them?

We'll also look at recipes for juices and smoothies. Some of the most outrageous creations have never seen the inside of a storekeeper's case and never will, for the secret is fresh and raw.

We need to get away from the concept of being on a diet. Diets are:

Temporary periods of deprivation, immediately preceding a weight increase.

They need to be gotten rid of with other religious baggage. What we're talking about is a new lifestyle, a better one. On this lifestyle, food is our friend.

As we turn our back on things we used to call food and learn to embrace our new friends, we find they're set to treat us well. They taste good. Our body likes them and responds by working better and cleaning up old problems. Our mind gets sharper and it becomes less difficult to have peace and hope.

I have a few copies of the new book *The China Study* by T. Colin Campbell, Phd. This gives us a report on the greatest study ever performed on the relationship between diet and disease. The reason the results are so weighty is it's based on research done in isolated Chinese villages where the ancestral diet has been unchanged for centuries and entire villages can be evaluated for health. Links between diet and disease become obvious.

Contrast this to the American medical model which denies most dietary links, gives no place for personal responsibility, and has no solution that doesn't involve shuttling more money to the medical establishment, and things suddenly become clear.

Why is there no cure for cancer or even the common cold? We've been promised results almost hourly for the past 100 years. But if we do not address the real cause of these conditions how will we ever arrive at a cure?

Dr. Campbell discovered he could turn certain cancers in laboratory animals on or off at will. The cancers were very responsive to certain proteins: *animal* proteins, especially those found in milk. The relationship is consistent and provable. But is anyone listening?

The water has been clouded because billion dollar industries are affected. But the truth is the truth and only the truth can set one free. So for my April special I will put a special price on this book of \$20. However, if that's too

much, talk to Sandra, as long as you have your library card. Just about all these books can be found in our city's library system.

Some other books I have available are "The Choice is Clear" by Dr. Allen E. Banik (\$3.00) on distilled water, and "Examining the Hallelujah Diet" by Nathan Tracy, N.D. (\$9.95). While the Hallelujah Diet is knowledge based rather than product based, there are a few books and supplies that will help you get started and keep going with it.

Something else that helps us too is just to get together when we can, spend a little time and try some new recipes. Our next meeting will be this Friday. I hope a good bunch of you can make it out.

Those who came last time have found out that Hallelujah Acres is giving us a few more resources to help make the monthly meetings special. We have a monthly emphasis, a handful of recipes (yum!) and some other pass outs to help us learn more about how and why we do what we do.

To your health....!

-Gary & Sandra-

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