



May 2005

Hello, Hello, Hello-

Been having some startup problems with a new email program. In most ways Mozilla Thunderbird has been a great choice, but there've been a few startup glitches involved with this list. Not all the names copied into their slots properly. So if you've already gotten this mailout once, please be patient for not everyone did. And if I got anyone new on here well, welcome.

If you'd rather not receive this let me know, but once the computer is set up it all goes out nice and slick so it's no bother on my part to keep someone on the list. For me, it's a blessing to get anything handwritten and not just forwarded.

By the way, if anyone's interested, *Mozilla Thunderbird* is a free program and has a lot to recommend it. It's well written as to how it installs and picks up existing information, has a spam filter that *learns* as you label messages as *junk*, and it isn't a Microsoft product. Not only are there security issues with Outlook but since it's so common, most viruses are specifically written for that product.

Ready or not, Spring is springing at us. I finally got some tomato seeds sprouted although I wish that had been done a couple of months ago. The first year of married life has lots of change and stretching so I'm sure tardy tomatoes are the least of my problems.

This month we'll be emphasizing "Spring Cleaning our Temple" or to put it into one big word: Detoxification. These are those times when after doing everything right we don't feel so good, or our energy level plummets,

or our joints get achey, or we have all the symptoms of a cold or the flu, knowing full well that people on such a good diet expect neither! What's happening? Well, our body just got so happy over the nutrition and the extra energy it shut down for repairs. In other words, Spring Cleaning!

Do you know the symptoms of detox? Do you know what will cause it to increase? To decrease? Do you know whether you want it to do one or the other? Come on by and we'll talk about it!

Our special this month will be vitamin B-12, marked down from \$14.95 to \$12. B-12 is one of the very few nutrients people may be lacking while adhering to the Hallelujah Diet. So, we supplement it. I'm pleased to be able to offer a product that has passed rigorous tests as to being wholesome and effective. So this month it's on sale.

Recently someone emailed me a bit of humor. Besides being worth a chuckle however, it's an example of some of the best reasons for getting with the Hallelujah Diet program- all the indignities associated with aging.

Most age-related issues are not aging at all but the cumulative effects of a lifetime of the wrong food. Note also the references to such destructive influences as *colas*.

Recently, I was diagnosed with A. A. A. D. D. - Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden.

As I turn on the hose in the driveway, I look over at my car and decide my car needs washing.

As I start toward the garage, I notice

there's mail on the porch table that I brought up from the mailbox earlier.

I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the garbage can under the table and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my checkbook off the table, and see there's only one check left.

My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke I'd been drinking.

I'm going to look for my checks but first I need to push the Coke aside so I don't accidentally knock it over. I see the Coke is getting warm and decide I should put it in the refrigerator.

As I head toward the kitchen with the Coke a vase of flowers on the counter catches my eye--they need to be watered!

I set the Coke on the counter and discover the reading glasses I've been searching for all morning.

I decide I better put them back on my desk but first I'm going to water the flowers.

I set the glasses on the counter, fill a container with water, and suddenly I spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to

watch TV, I'll be looking for the remote but I won't remember it's on the kitchen table so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels, and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day:

- ❑ the car isn't washed,
- ❑ the bills aren't paid,
- ❑ there's a warm can of Coke sitting on the counter,
- ❑ the flowers don't have enough water,
- ❑ there's still only one check in my check book,
- ❑ I can't find the remote,
- ❑ I can't find my glasses, and I don't remember WHAT I did with the car keys!

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired!!!

Sound familiar? One of the greatest benefits of proper nutrition is that our mind will begin to clear. We can think again, plan, decide, and remember! Suddenly, we're in control!

And then, when we decide what to do, there's more energy available to do it!

See you all on the 13th!

-Gary & Sandra-

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