

January 2006



Hello All-

Happy New Year to you too! I trust everyone made it through the Christmas holidays. The recipe's in Rhonda's new book helped! Some of them were sooo good. My favorite was the "Egg Nog". So rich and thick it was hard to believe there was nothing bad in it (not, however *low calorie...*). Our attachment this month is four pages directly from the book. Have fun...

January's theme is weight loss. I apologize, my problem has always been the opposite. 30- 40 pounds of well-shaped muscle would do me very well. However, lean and mean still gets me by. But you know, it's our need that motivates us to change. My need was strength and energy. If yours is weight loss, then use it to motivate you as my need did me. Actually cancer helped motivate me too. Cancer is a powerful motivator.

What a season! First of the year my pastor got up and called the entire church to a "Daniel Fast". Interpreted for contemporary minds that means no meat, no white sugar, and no caffeine for 21 days. What a beginning! That's 60% of the Hallelujah Diet right there. Friends came up to ask me what I had to give up. I told them, Nothing. I had, after all been on the "Daniel Fast" for about 5 years. Well, I am setting aside video entertainment to spend more time reading my Bible and praying. But diet wise, I'm eating pretty high on the turnip by now. It's good. Tastes good. Feels Good. Works good.

The biggest thing about lifestyle, however, is not what we give up, but what good thing we take up. Giving up dead, toxic,

overprocessed food is nothing to learning how to prepare and eat living, nutritious, life giving meals. Hallelujah!

I love the story of the doctor who gave up smoking. A friend asked him if it was hard. The doctor smiled and asked his friend how hard should it be to give up bad breath, yellow teeth, holes burned into his clothing, poor health and a racking cough? If one keeps his eyes on the issues, it becomes much easier to change our lifestyle

Featured products this month are some of the very basic books. George Malkmus' *God's Way...* book (\$18.95), Rhonda's *Salad Dressings* book (\$13.95), and a book by Dr. Norman Walker on *Pure & Simple Natural Weight Control* (\$7.95). I have the first two books in stock. The one by Dr. Walker is probably available locally at any of the health food stores so I won't order it unless someone wants me to. The diet works, but will we work the diet?

Sandra and I are going back to Mexico January 23-28th for a little more dental work. If anyone cares to join us we'll be taking United flight 372/501 on the 23rd and coming back on 746/780 on the 28th. We're going to try to take things just a little easier as Sandra got a bit rushed at the end of her stay last time and it made for a much harder recovery. It'll be fun, though to see our friends down there and spend a little time by the pool.

Well, better go. Hope your month is coming together well for you.

-Gary & Sandra-

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