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**Chronic tiredness is
a sign your body is toxic!**

Call It What It Is!



Okay! I want to tell you up front, I have a purpose in writing this book for you, and that is to get you free from chronic pain, illnesses and fear of failure that you cannot overcome food. It is a very serious addiction, multitudes cannot seem to get the victory over and for countless Christians, we are dying in droves from food related deaths such as complications with obesity, congestive heart failure, diabetes,

asthma, colon cancer and other well documented chronic illnesses that can be routed from the body with a change of eating habits.

Alright, let's take a look at the most common and least discussed word in America ~ Gluttony!

Gluttony is the word none of us really like to use. It is abuse of the body, and by definition, it is an insatiable lust for food that oftentimes will kill you prematurely after you have experienced constant pain and discomfort in your body for years and years as the body attempts thru chronic pain and illnesses to let you know you are abusing your temple/body.

Food is an essential to life. No one can live without food, no one. It becomes an idol when we use it for comfort and to bring us pleasure without restraint. An idol is anything or anyone we worship, heap adoration, adulation and reverence too, other than God, who told Moses when he gave the Ten Commandments, the first

being, *“You shall have no other gods before me, Exodus 20:3”*

How do you know that food has become an idol or ‘god’ in your life?

1. You are obese.
2. You refuse to change your eating habits after you have been warned of the danger your poor eating habits have placed on your quality of life, i.e. high blood pressure, diabetes, asthma.
2. You will mock wisdom of what is good for you to eat.
3. You will submit yourself to drugs to curb your appetite instead of exercising self-control.
4. You become angry with others who attempt to encourage you to stop overeating fatty foods.
5. You binge eat and throw it up.
6. Food is all you think about.

It is very interesting to note that not all worship of food results in obesity, however, all obesity is a result of over indulgence of pleasure foods that are pastries, pastas, breads, fried foods and dairy.

There are multitudes of people who are plagued with chronic illnesses that are from their lack of discipline over eating pastry, pastas, red meat, fried greasy foods and their refusal to eat fresh fruits and vegetables. Some people do not necessarily over eat, but every time they do eat, it is high cholesterol meats, i.e. bacon, beef hamburger meat, and junk foods.

I knew a woman once who was a size 5-6, she had a very small frame, on most accounts we would consider her 'skinny' because she was tall and thin. You would presume she was relatively healthy because she was not obese, but she was plagued with diabetes, high cholesterol and high blood pressure.

She was addicted to eating hamburgers and tacos as a primary lunch and dinner. She was

very sickly and took medicines to control her illness, nonetheless, she would boast about her love for beef. Now her symptoms like most, could have been abated if she did not idolize the cow ~ hamburger meat.

Heart disease is the number one killer in America, why? Gluttony of the pig and cow. Multitudes worship the taste and texture of the pig and cow that is killing us in droves. These animals are full of Cholesterol and fat that gets into the blood stream causing havoc with the heart.

The heart is responsible for pumping the blood to the brain and entire body. If the blood is saturated with grease and fat, your heart will fail you. It is just a matter of time before the ‘grime’ takes over from the gluttonous appetite from the pig and cow.

I also recall a woman I met while visiting my regular doctor. She was in the lobby eating a bacon and egg sandwich. I could not believe it. She was there because her heart was not

responding to the medicine she was already taking for high blood pressure and high cholesterol. She constantly made light of how much she loved her bacon and she was not going to stop eating it as long as there was medicine to assist lowering her blood pressure and cholesterol.

How many people do you know like this? They will continue to eat relentlessly pork and beef knowing their heart is in trouble. And let me tell you my Friend, this type of person will not live long. It is just a matter of time, they will die prematurely. Why? The heart is the epicenter of life and the life of the flesh is in the blood. The blood is life. No human being can live without blood and their heart that pumps the blood throughout the body. Why would anyone lower the chances of a good quality of life when they are warned over and over again they need to make oftentimes, moderate changes to do well? Why would they risk dying before their time? Idolatry, it is the reason, we now call it food addiction in our

modern world. Food brings pleasure the same as sex does. The only difference is that you do not need sex to live, nevertheless, it can kill you just the same as sex if you're infected with diseases that will destroy your quality of life, i.e. HIV.

Followers of Jesus Christ should be the wisest and most self-controlled people on the planet. Instead, many of us tempt God with our over indulgence to foods that we know are wrong for us to eat outside of moderation. We find pleasure in them and despise what is good for us to eat daily to maintain a good quality of life to honor God.

Listen to what Paul warned us about pleasure in the latter days:

“This know also, that in the last days, perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent,

fierce, despisers of those that are good, traitors, heady, high minded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof; from such turn away, 2Timothy 3:1-5.

Jesus gave us this warning, “*And whosoever does not bear his cross, and come after me, cannot be my disciple,*” *Luke 14:27.* In other words, Jesus is letting us know there is a price to be a follower of his to inherit eternal life. There is a responsibility of any confessing Christian to sometimes endure the pain of starving the cravings of the fleshly body.

Heart surgeons will tell you of the literal pieces of fat clogged in congested hearts they operate on, full of the pig and cow; bacon, pork chops, t-bone steak, roast beef and other fatty meats that have been over consumed by their patients. Most heart disease is a result of idolatry of the pig and cow and ignoring the constant warning signs that your body is toxic and needs rest from the over consumption of the pig and cow.

I knew a pastor who was summoned to have open heart surgery. The day of his surgery, he was one of 26 other open heart patients. There were only 3 surgeons to perform these scheduled operations in one day. My Friend, your heart is the most precious organ in your body, why are you harming yourself in this manner if you are addicted to pork and fatty foods? Why keep eating fried, fatty meats that you know can kill you?

What about your family and your ministry for Christ? If you are a confessing Christian, you do have a ministry whether you have discovered it yet or not.

There are those who will flat out tell you, they will just die, but they are not going to modify their intake of pork, beef and fatty junk foods. They simply are not going to do it. They deceive themselves into thinking despite their gluttony for the pig and cow, when it's their time, it's their time. This is a very weak discourse and it is far from the truth. If you

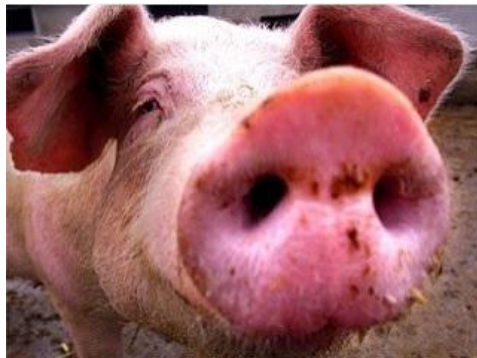
jump off a 20 story building, you will die! It is not your time; you chose to jump. When any person knows they have high blood pressure and cholesterol and continues to indulge themselves with the pig and cow, they are preparing for their jump.

The war against gluttony is not an easy battle because food is a necessity for life. But you can win when you understand the damage it does to the body and the havoc it brings to your mind. The first thing you must do to win, is call it exactly what it is to take it down—it is gluttony!

You must admit, I am a Glutton! Now let the victory begin! Do not continue to dig yourself an early grave. The truth will make you free! If you are overweight, you are a glutton. If it was not so, you would not be overweight. I know this is can be very difficult to admit, but your victory over eating too much food or the wrong foods starts right here....truth!

I had a friend who was addicted to drinking Pepsi all day long, eating pastas, pastries, breads and pork. She was diagnosed with breast cancer. The cancer went into remission after aggressive chemotherapy treatments. However, she made no changes in her diet. She went right back to eating these fatty foods, red meat and pork refusing to eat daily fresh foods to build her immune system and lose the weight. The cancer returned with fury less than 2 years later. There was nothing the doctors could do for her as it spread throughout her entire body. She died at 42 years of age leaving behind her spouse and children.

The more you fry, the sooner you die!



This Is Not Normal



Being chronically ill and overweight provokes self-indulgence mentally. You become consumed with your pain and your fears. I have been there in my 49 year journey, going from wearing a size 7-8 to a size 18-20.

During my fight with gluttony, after years of modest eating habits and enjoying good health, my body began to break down rapidly after giving birth to my youngest son. I felt old and

tired. I began to experience ‘arthritis’ symptoms in my joints, I developed carpal tunnel in my wrists, which is excruciating pain I would not wish on an enemy, my heart would race without provocation, I started experiencing migraine headaches, my vision became noticeably impaired. I experienced shortness of breath all the time, and, I became very ‘self-consciousness as I battled daily with my obese appearance, pulling from my worship to God and my ministry. I was spiritually dying as my physical body was doing the same after I allowed the love of food to take me captive, specifically, fatty foods. My body did not feel normal whatsoever. I was miserable!

How did I make it out of that dark season of my life? I began to apply the very principles I am going to encourage you in this book. I knew gluttony was sin. I knew my body was the temple of the Holy Spirit; I missed my healthy body and fellowship with God I had enjoyed for many years prior to this gluttonous season of my life. I had become captive to unhealthy

foods, chronic pain and sickness. I had two options, seek medical doctors for remedies (medications) to relieve the pain from the chronic illnesses that had taken my body hostage or seek God for wisdom how to heal my toxic, over weight body. I chose the latter. Food would NOT have dominion over me AND, I knew my ministry would be tremendously impacted if I did modify my eating habits for God.

As I began to seek God for healing and restoration from my pain, he began to bring back to my remembrance all he had taught me years prior about the necessity to eat fresh fruits and vegetables DAILY in order to enjoy a life of good health and service to him. Fresh fruits and vegetables saved my life after giving birth to my oldest son nearly 10 years prior. I was a size 7-8, but I was very unhealthy. I ate junk food constantly! I owned a professional hair salon at the time, making a very good living that afforded me financial rewards to enjoy ‘eating out’ every day. I was always on

the run. I had severe acne, chronic issues with hemorrhoids and constipation, kidney problems, stomach problems, and I was tired all the time. My body was extremely toxic. And, I was horrified of cancer and diabetes.

I knew within my mind I was dying. Especially after I found myself on the kitchen floor of my new home, consequent to ‘passing out’ one day after years of ignoring my symptoms and continuing to be lazy, refusing to prepare fresh foods and eat healthy. I had the same two choices I now had after ballooning to a size 18; seek medical attention (medications) or seek God for wisdom. I chose the latter, and the Spirit of God began to lead me to seek understanding about fresh foods and herbs. Remember, medical doctors are trained to diagnose and treat your illnesses; God wants us to know why we are ill and what we can do to get rid of it. I was a rebel of wisdom, lazy and refused to make my body my priority until it began to talk through all of my chronic pains and disorders. Pain is your body talking to

you! Without pain, we will not change, and for some, we are gluttons for pain refusing to change no matter what the intensity of pain.

Within a very short time, all of my symptoms went away as I began to appreciate and love fresh foods I began to prepare and eat daily. I would meditate on these two Scriptures the Spirit of God gave to me as if it was a

“prescription” from a doctor, *“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat.”* In other words, real ‘meat’ for the physical body is fresh foods from the earth, not ‘flesh’ from an animal or the junk foods I was dumping into my body relentlessly and foolishly. I needed some real “meat!” Fresh, raw foods! From the earth we came, we must stay there if we want to maintain! Earth food keeps the earth (our bodies) healthy. We were created from the dirt, the earth, therefore, over consumption of dead animals is dangerous, why? Animals were not

created from the “earth.” Their ‘meat’ is not the same meat God told us he has provided for our daily consumption in the before mentioned Scripture.

Now listen to this other Scripture the Holy Spirit gave to me during my time of restoration and healing of my body, Are you ready? This is powerful *“And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed; it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary; and the fruit thereof shall be for meat, and the leaf thereof*



for medicine, Ezekiel 47:12.” In other words, herbs, fresh fruits and vegetables will heal the body. NATURALLY! It is our medicine! NO SIDE AFFECTS! I’m a witness. No stress on the liver, kidneys or the heart. Fresh, uncooked garlic and onions became my best friend. They both have medicinal properties that help cleanse the blood naturally.

This second round of experiencing an unhealthy body and obesity was tough! I began eating what God told me to eat many years prior to my battle with my gluttony— raw fresh fruits and vegetables. And again, fresh food restored my life back to health. For two months straight, I ate fresh cherries daily that were on sale at a local grocery store in my area for \$1.59 a pound! I could not believe it! Cherries are very expensive most of the time costing an average of \$3.99-4.99 a pound. Cherries are very potent, full of anti-oxidants and nutrients. I would eat fresh pineapple, grapes, cantaloupe and watermelon as well. I began to eliminate breads, pastries; salty turkey bacon I began

eating every morning with toast, eggs and cheese. I went back to eating fresh fruit for my breakfast, fresh salads for lunch and lightly steamed fresh vegetables for dinner with grilled chicken served with a pasta, rice or red skin potatoes. My carpal tunnel symptoms, arthritis symptoms, lethargy, headaches, dizziness and overweight body are ALL gone! My body is free from pain. God has done it again!!! I give him all the glory for my physical healing from his natural provision—the earth!

Fresh fruits and vegetables are vital to a healthy body and natural source of energy. I hated how I looked and I certainly did not like how I felt, I used these facts to assist me in my battle to win over gluttony. When you modify your eating habits to become healthy, you will automatically lose weight. Know that you can continue to eat what you like in moderation, but you must eat what the body needs, fresh fruits and vegetables – DAILY! You're not finished when you feel defeated, you are when you quit!

Do not quit! God needs your body to do his will in the earth. He needs you!

If your body feels anything like mine did, it is ready for a change! Do it for your family and God's calling on your life! Do it because it is right! You need your vessel (body) to perform at its optimum for the Glory of God. In all your getting, get more understanding of the power of fresh foods and how they heal and hydrate the body naturally.

I would like for you to make a list of the foods you love the most, they do not have to be in any certain order, but I want you to list what you eat most of the time. *Be honest!*

Okay, let's start your list on the next page. It is important for you to see what you like. This is one of the most important things you can do to begin recovering your health. Let's go!

- 1.
- 2.
- 3.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Okay, now I would like for you to make a list of fresh fruits and vegetables you like most:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, if you suffer from high blood pressure, high cholesterol, asthma, diabetes, arthritis, gout, osteoporosis, chronic lethargy, thyroid problems, fibroid tumors, migraines, stroke, heart burn, constipation, hemorrhoids, allergies, acne, obesity, kidney stones, you can route

them if you are willing to switch your lists! In other words, eat the fresh foods on your second list your primary diet and you will see the difference in your health. But, you must eat them every day eliminating fried, died, and greasy foods that are boxed, canned or saturated with salt and refined sugars.

I would like to recommend three books that will empower you and assist you in the war against poor eating habits, chronic pain and sickness:

"Back to Eden," by Jethro Kloss

"Food, Your Miracle Medicine," by Jean Carper

"Fit for Life – A New Beginning," by Harvey Diamond

These books will bless you. You are not alone in the war against food in your mind. Food can heal and food can kill. You are valuable to the plan of God. Keep that in mind as you make your attempt to modify what you are eating and you will win in the war!

Remember the life of the flesh (physical body) is in the blood. No human being can live without blood. As followers of Jesus Christ, we cannot live without his blood. It must be applied “by faith” daily for cleansing of the conscience and to keep your heart (your mind) close to God, especially when you are engaging in intense warfare in the mind.

If you saturate your blood with cholesterol you will destroy your heart, slowly BUT surely, you could likely die suddenly from cardiac arrest. No energy and chronic pain is a sign you are physically unhealthy and need to change your eating habits to the second list you made for yourself. Those fresh foods you listed must become your primary intake to drive out the toxic build up in your body.

Remember, eat well, feel great! The more we fry, the sooner we die! Your heart is the epicenter of your life. You only get one, take care it. Live long and be strong!

Okay, let's make your final list before we move on to giving you your simple solutions to improve your health and lose weight if that is a necessity for you. You must keep this in mind, losing weight is for vanity, becoming healthy is for long life!

The priority is for long life and healthy living. Losing weight is your bonus!

My gifts, talents and dreams:

1.

2.

3.

4.

5.

Simple Solutions

Finally, I would like to share with you a delicious recipe that will only take 15 minutes to prepare this fresh cooked meal that is loaded with cancer fighting nutrients, antioxidants and fiber. Fiber is like a broom; it helps keep the colon swept clean of build-up that can cause cancer cells to grow into tumors or ulceration of the stomach. I call this fresh dish my Vegetable Medley.

I eat this medley of fresh vegetables nearly 5 days a week for dinner alternating between red skin potatoes, rice or pasta and grilled chicken breast that has no skin or fat. For breakfast I usually have a whole grain, honey wheat bagel with very light butter and cream cheese, in the summer months I have a fresh bowl of fruit and two hard boiled eggs. In the winter months, I eat fresh pineapple or a Gala apple later in the morning around 11 or so and if I eat lunch, which is rarely, I have a fresh salad with romaine lettuce, onions, garlic, cucumbers,

raisins, tomatoes, sunflower seeds, red and green peppers, grilled chicken, grapes, apple, watermelon slices...it is sooooo delicious!!!! I LOVE IT!!!! Now for me, I do not consider myself a fanatic, but fresh foods are a priority for me daily! But you will always catch me with some snacks! I love popcorn, candy bars and bubble gum! Yes, I do! Now here is the really good news about eating health; You can eat what you like too! In moderation, this is exactly what I do.

My sixteen year old son also loves the Vegetable Medley. He prepares it at least 3-4 of the days out of the week. We do not get tired of preparing or eating it. Why? It is from the earth, remember what we said earlier, we were created from the earth. There is perfect harmony and agreement with these foods and our natural bodies, but let me tell you what we love the best about this dish besides how delicious it is ~ it is so beautiful! All of the colors are magnificent!

Remember, learning to eat healthy foods to 'live' is not the same as continuing to eat your pleasure foods that are harming your body. You must get a divorce from them!! They are killing you!!!

Okay, so here, let me give you the ingredients to the Vegetable Medley, its quick and easy breezy! You can prepare in 10-15 minutes!

**Eat to live, not for
pleasure and you will
restore your health!**



Vegetable Medley:

Cabbage, Carrots
Broccoli, Cauliflower
Collard Greens, Celery
Green Pepper, Red Pepper
Red Onion, Leeks, Garlic ¼
Cup of Water, add as needed
3-4 Tablespoons of Virgin Olive Oil
Garlic Salt, Pepper

ALL OF THESE INGREDIENTS SHOULD
BE FRESH, NOT FROM A BAG.

Cook on High Heat for 3-5 minutes
Cover with lid to steam, stir 2-3 times

Walla! It's Ready to Serve!

You can serve with rice, pasta
or Red Skin Potatoes and Chicken Breast

Special Note:

Onions and garlic have very strong medicinal properties, I usually slice them very thin and place them in the pot, place the lid over it for 3-5 minutes after cooking other veggies to preserve their potency. If you have sickness, this would be very wise for you to do. Don't worry, you will acquire the taste of these super foods if you are not particularly fond of them. I was not, but I learned to love them all.

Okay, now I'm going to share with you foods recommended by the American Cancer Society that can reduce your risk of cancer and other harmful disease to your body. It is recommended that you eat a bowl of fruit a day and the same for vegetables, the Vegetable Medley recipe I just gave to you will take care of your veggies for the day, but remember, you don't want to over-cook them! You only want to 'lightly' steam them in order to preserve the fiber and nutrients in these super foods. However, nothing beats a FRESH Salad daily!

SOUL FOOD KILLS!

Before God blessed me with wisdom how to heal my body naturally, I was a soul food fanatic! I loved collard greens, macaroni and cheese, corn bread and fried chicken! But my Friend, once I became serious about healthy eating and living, I soon discovered soul foods are dead! Dead, dead DEAD! They have no life, no fiber, no nutrients whatsoever.

Now remember the meal I just shared with you takes only 3-5 minutes to cook the vegetables that should be the largest portion on your plate,

it should never be meat or bread, never. At least if you are serious about becoming healthy.

Most people will cook collard green 2-3 hours! The poor collard greens have died a thousand deaths! There is nothing left but some flavor, that's it. So this is why eating soul foods must be a rare occasion. We want to eat alive to stay alive! The closer you prepare your veggies to their original state, the more beneficial they will be to your body.

Pain in the body is an indicator there is injury to that area of your body or you have toxic build up that is causing the pain.

Alright! Time to get educated about foods that naturally remove inflammation. If you include them in your every day intake, they will provide oxygen and nutrients to get into your blood stream to remove toxins and cleanse the blood. Are you ready? Let's Go!

Foods that Fight Inflammation

Pineapple, cherries, fish, nuts, herbs
green tea, all berries, good oils
(olive oil the best)



Foods that Cause Inflammation:

Margarine, sugar, fast foods, meat, eggs
and dairy.

Remember this about fast foods, to eat them maybe one meal a week; will not harm you, but if you are sickly, you must eliminate fast foods from your diet for a season to clean and restore your health. Moderation is the key to avoid inflammation. Eat what you like, but you must eat what the body needs to be healthy! Fresh, fresh, Fresh!



Foods to Avoid:

If you are chronically ill, here are foods and substances you should totally avoid! All animal meat, processed meat, alcohol, cigarette smoke, excessive dairy products, canned foods with high sodium and sugars.



Foods to help you lose weight:

Water, broccoli, cabbage, cauliflower, grapefruit, lettuces, radishes, spinach, lemons, limes, all fruits, veggies and nuts and fish (baked).



Top Ten Causes of Death in America

Heart Disease
Malignant Tumors
Lung Disease
Brain Disease, Strokes, and Tumors
Accidents
Alzheimer's
Diabetes
Flu/Pneumonia
Kidney Disease
Suicide



Cancer Fighting Foods:

Garlic

Berries

Tomatoes

Cabbage

Cauliflower

Green Tea

Whole Grains

Leafy Green Vegetables

Grapes

Oranges

Apples

Kidney & Pinto Beans



Top 6 Cancer Fighting Foods

Berries
Broccoli
Tomatoes
Walnuts
Beans
Garlic



**Fresh Fruits cleanse the
body building up the
nervous system and your
immune system. Eat them
every day!**



**Fresh vegetables and herbs
assist in healing the body
naturally. Garlic and Onions
are super cleansers of the
blood! Eat them fresh daily
without cooking them.**



Bird Food is the Best Food!

A. K. A.

“Fresh Foods”



The Dangerous Blame Game

Okay my Friend, now that we have covered all the simple solutions that can encourage renewal and healing for your body. I would be very remiss if I did not share the most dangerous thing you can do to yourself, your loved ones and God; and that is the blame game.

When a person ignores symptoms in their body for years and years to the point they are near death and drastic measures are put into place to keep them alive; some will turn around and blame the devil, this is deception!

It can cause one to deceive themselves into continuing to live outside of discipline and wisdom the Bible teaches us, *“Wisdom cries without; she utters her voice in the streets...Proverbs 1:20* Wisdom is like streets because they are everywhere! Eating fresh foods is recommended and encouraged everywhere!

There are many who are trapped in worshipping success, money, financial security,

and for some, even their ministries, refusing to take time to slice an apple or even take an orange that can be peeled to put something fresh in their bodies. Their priority is not stewardship of the most important asset we have all been given, and that is our bodies.

Many become deathly ill and still refuse to change, blaming the devil for harming them because they are so anointed and gifted in all that they're doing, this is their reason for being attacked in their body, so they say, my Friend, this is pride.

Ignoring any discomfort or nagging pain in your body is a catalyst to ruin and destruction. You cannot blame the devil for your cancer of the colon when all you eat is red meat and pizza. You cannot blame the devil for your pancreatic cancer when all you eat is meat and fried foods constantly and you refuse to eat one piece of fresh fruit or a vegetable for weeks and months at a time. This my friend is a recipe for disaster. Your body is your greatest asset! It is strong and will heal itself if you give it what it needs.

When the check engine light comes on in your car, do you ignore it? When your body is doing things different you should not ignore it. A slow leak on a car tire is usually an early sign that a nail or sharp object has punctured that tire. You can only keep filling it up with air for so long before it is going completely flat on you, putting your rim at risk because you refused to make your early warning sign a priority before further damage could harm your vehicle.

What is very interesting to note about a car, it does not matter how beautiful, exclusive, fast or expensive it is, it cannot go very far with a flat tire. Why? Tires are essential to movement, the same as your heart, you cannot run very far without a healthy heart regardless of your vocation in life, whether you are a prolific motivational speaker, CEO of Fortune 500 company, a pastor of a 5,000 member church; multitudes have gone the way of the grave early because they simply refused to STOP, and change their slow leak.

My dear Friend, please, don't ignore your physical pains! Don't allow laziness to steal

your longevity in the earth. Set your priority to care for your body. Take inventory over your intake and make whatever modifications you need to live long and to be strong. Eat to live not for pleasure and you will discover a brand new you. God Bless you! You can do it!

Last but certainly not least, remember, stress is common to everyone. There are some chronic illnesses that have been attributed to stress, but never forget, food goes into the body, not your soul. Sudden fear and anxiety can cause the heart to race, but my Friend, make no mistake, that type of stress is only for the moment, it passes by, but what you keep eating over and over again does put stress on your physical body parts that are crying out through discomfort and fatigue. Don't be afraid to deal with your body, it will heal itself if you give it the best provided by the manufacturer ~ the earth...fresh fruits and vegetables daily!!

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