

## Diet, Nutrition, Health And Garbage - Are You A Garbage Can And Grease Trap?

Billy Morris dreamed he was standing third in line to see St. Peter. The first lady in line got a smile and a nice warm handshake from St. Peter. He also gave her a white card. She boarded a beautiful white and gold bus. The next lady directly in front of him received no smile, no handshake and a blue card with a nod from St. Peter toward the plain blue bus. Billy further dreamed he stepped up and also got a cold stare, no handshake and a blue card. He asked, "Sir, why did the lady before this last one get a white card and board that beautiful white bus, but the other lady and myself only get a cold shoulder from you and a blue card for a plain blue bus?" "Well son, the first lady appreciated so much the fine gift from God of a healthy body, she kept it as she knew God would have wanted." Billy thought for a moment and said, "Where does the blue bus go?" "I honestly don't know Billy, but we sure have a lot of them." As Billy walked toward the plain blue bus he looked up and asked God for a second chance. He woke up in bed! He had his second chance. I hope all those that would get a blue card will wake up! It is time for your second chance. We all know there are many good sources of nutritional advice on the web as well as proper exercise. All diet's claim to be the only one, so consider the source. The best way is to go the nutrition way and let the weight fall off naturally, at least walking a half hour a day. Do not go for miracle pills and magic food combinations. Just do proper foods and proper exercise being as well informed as you can. Think about our Billy in his dream. I am sure with his second chance he thought, "She kept her body the way she knew God would have wanted." Surely you owe him that much. Then you can do more to help others the way God intended.

## About the Author

Home page of and background information about the Conference on Ecolabels and the Greening of the Food Market at Friedman.

Source: <http://www.productsherbal.com>