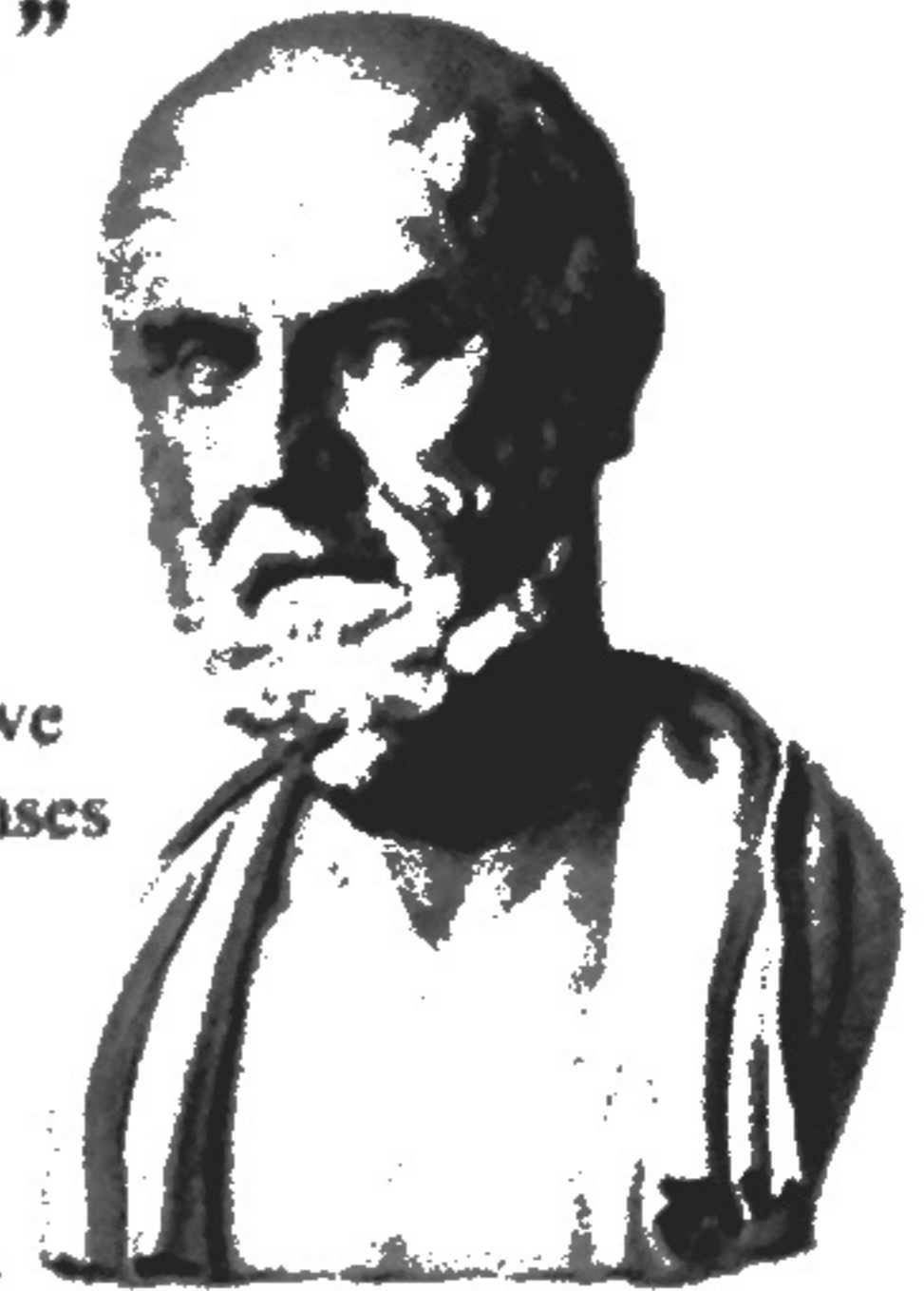


“Let thy food be thy medicine, and thy medicine be thy food.”

-Hippocrates, The Father of Medicine (ca. 460 BC - ca. 370 BC)



You are what you eat. I've been thinking lately, you know that can be dangerous. Why are we (and the pets we feed) the only creatures on the planet that are afflicted by degenerative diseases such as cancer, diabetes and heart disease?

All God's creatures, from insects to eagles, only eat living cells. Some insects eat plants, some eat other bugs and others even suck your blood. Birds and rodents eat insects and are in turn eaten by other animals as you go up the food chain. Most animals graze or forage for nuts, berries and mushrooms or eat other living things. Sea creatures eat algae, plankton and other marine life. Even scavengers that eat dead animals are still consuming living bacteria from the meat.

We are the only creatures on Earth that have learned how to destroy the life force in our food. We can it, cook it, process it, microwave it and preserve it – all of which kills the natural living enzymes. The increase in these degenerative diseases in humans is directly linked with our increase in consumption of processed (dead) food.

The amount of "life force" in food is a measurement of how healthy the food is. The sooner you consume the food after harvesting, the greater the life force will be. A dried bean still has life force because when soaked, it will sprout and grow. Where as a canned bean will never be able to grow because it is not preserved in living form.

It has taken many thousands of years for our bodies to learn how to use the foods we eat that occur naturally on our planet. Humans have been hunters and gatherers for eons before this current era of processed foods. Our bodies, having been developed for thousands of years on the basis of consuming foods rich in life force, are now being bombarded with completely unfamiliar food that has little to no nutrients.

Look at the ingredients list on some of the food we eat. The ingredients that we can hardly pronounce, let alone understand what they actually do, are confusing and ultimately taxing to our digestive system. Our bodies just don't know what to do with these foreign substances. Our systems know what to do with natural occurring sugars like sugar cane and maple syrup (from a tree), but they have no knowledge of how to process Sweet 'N Low or Splenda.

Remember that doctors and scientists to date do not understand 75% of our bodily functions. Hippocrates, the father of medicine, once said, "Let thy food be thy medicine, and thy medicine be thy food." Our body has the ability to cure itself if given the proper foods (medicines). Remember prescription drugs do not cure illnesses, they just mask the symptoms and make you feel temporarily better. This ultimately allows the illness to continue its manifestation.

To fight illness eat foods with the greatest amount of life force possible – fresh, uncooked fruits, nuts and vegetables. Walk as often as you can, we are designed to be able to walk 30 miles a day. Our calves in our legs are key features in pumping blood back to our hearts through our veins; when we walk we give our legs a workout and increase the vitality of our entire circulatory system. This increase in circulation is due to more oxygen entering blood cells and that is why walking is so healthy for us. Cancer thrives when oxygen levels in the body are low. Walking will increase oxygenated blood cells in the body and ultimately fight cancer, while eating foods rich in life force will keep the body healthier and ready to ward off any kind of illness that may come its way.

As Spring 2011 approaches we may have to tighten our belts once again. But remember if you have your health you have everything. From all of us at Hardscrabble, Zino and Shagbark, thank you for your business. Good luck this year and good health to you all.

Robert Covino