

"OUR EATING HABITS - GOOD???"

"...And God populated the earth with cauliflower, broccoli, and spinach, green and yellow vegetables of all kinds, so that Man and Woman would live long and healthy lives.

And Satan created Fast Food Restaurants and then they brought forth the 99-cent double cheeseburger, loaded with fat and calories. Satan then said to Man, "You want fries with them and supersize them too, don't you?" And Mankind gained pounds.

Then God created the healthful yogurt, that woman might keep her figure nice and trim that man found to be so fair.

And Satan brought forth chocolates and ice cream. And the Woman gained pounds.

Then God said, "I have sent you heart-healthy vegetables and olive oil with which to cook them."

And Satan brought forth the large chicken-fried steak, loaded with cholesterol. So large - it took a huge platter. Soon afterward Man gained pounds and his already high cholesterol went through the roof.

Then God brought forth running shoes and exercise equipment. Man resolved to lose those extra pounds.

But then Satan brought forth cable, and a TV with remote control so Man would not have to exert himself to change channels between ESPN and ESPN2. Moreover Man gained pounds.

Then God brought forth the potato, a vegetable naturally low in fat and saturated with nutrition.

And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fat fried them in fatty grease.

Meanwhile Man clutched his TV remote control and stuffed himself with the potato chips which were high in cholesterol and fat.

And Satan said, "It is good." And then Man went into cardiac arrest, due to his arteries being filled with plaque.

Then God sighed and created quadruple heart bypass surgery.

Meanwhile Satan created HMO's - and on and on it goes...!

I Corinthians 6:19 states that the Christian's body is the temple of the Holy Spirit and should not be abused...may we be working on this!

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