

If Your Food Could Talk: A Parrot for Christmas

If your food could talk, what would it say? Would it tell you that it was good or bad for you? Well, if your food *could* talk, maybe it would tell you what to eat...and then again maybe you would not listen.

Are you listening to what you are eating, or are you just eating whatever is in front of you? Take the time necessary to examine your diet. Begin to evaluate the things you eat so that you can determine whether they are good for you. Here are some guidelines for a healthy diet.

You must eat in order to have a lean, healthy body. One of the worst things you can do to your body is to starve it. *Not* eating sets off alarms in your body that tell it to save fat, just in case you have to go without food for an extended period of time. As long as you are getting food on a constant basis your body will believe that it does not need to store fat.

You should consume six nutritious meals a day. Thousands of years ago we were hunter-gatherers, and we grazed for food all day long. You should eat six small meals every day instead of three large ones. If you get hungry, *eat*. Just do not eat very much. Eat enough to satisfy yourself for the next couple of hours, and at the end of that time, eat again.

Each meal should contain high-quality protein such as fish or chicken, *carbohydrates* in the form of potatoes, whole-grain rice and all the *vegetables* you want. Each portion of food should be about the size of your fist or the palm of your hand.

Studies show that you need vitamins because you are not eating food that has just been picked out of the garden. The vegetables and fruits that you see in the grocery store begin to lose vitamins and minerals from the moment they are harvested. Cooking itself removes more of the valuable vitamins and minerals from your food. Here is a suggested daily vitamin regimen: a good multi-vitamin, plus Vitamin C, Vitamin E, B-Complex, and Glutamine.

If you need to find out more about vitamins, there is a health food store in your area. Stop in tomorrow and talk with the expert behind the counter. What if your body needed a vitamin that was not there? Would you spend a few pennies a day to provide your body with the essential nutrients it requires?

Your body needs ten cups of water a day. The average person does not drink enough water. If you wait until you feel thirsty to drink water, you have waited too long. Caffeinated drinks take additional water from your body to process the caffeine -- so if you drink only soft drinks rather than water, you will be in a constant state of dehydration. Your body is seventy-five percent water, and the loss of just one pint can cause irritability, a loss of concentration, and diminished physical performance. Drinking water when you are tired will give you more energy.

Certain foods are fat-burning foods. If you want a lean body, eat more high-fiber vegetables, deep-water fish, egg whites, berries and cook with extra-virgin olive oils.

Uncle Adrian used to tell a story about a family who got a parrot for Christmas. Their son took a job with an oil company, and his employer transferred him to South America. He sent word that he would not be coming home for Christmas.

Around the first of December his parents received a large, colorful parrot in the mail with a note that said, "Merry Christmas, Mom and Dad. Everyone here loves these birds, so I thought you would like to have one for Christmas. Your loving son, John."

His parents kept the bird in a cage and had to listen to it screech and yell until Christmas. After the New Year, their son called and asked how they liked the bird. Their response was that the bird was delicious!

"You ate it?" John cried. "That bird was very valuable. He would have cost over a thousand dollars in the United States and that bird could talk."

“Well,” said his mother “he should have said something.”

If your food could talk, would you listen? Begin to focus on what you are eating every day, and you will begin the journey toward becoming master of your physical body.