

“HEALTH TALK”

By HESH

IS THERE A “MAGIC BULLET” ?

Everyone is looking for the health “magic bullet”. We all want to be well and not plagued with sickness or infirmity. We are looking for that one thing that is both simple and effective and above all requires little effort on our part. Unfortunately, it does not work that way.

Let me say, first, that there is a magic bullet and that that magic bullet resides within each and every one of us. The first thing that is required to access the “magic bullet” is the **desire** to be in good health because only from a sincere desire can we implement whatever is necessary to accomplish this end. From desire comes **willpower**, which, for some, is a fate worse than death. “You mean I have to do this”? “But, I love my meat”! “I can’t do that”! These are all rationalizations for doing what our senses have become accustomed to and demand of us. And why have our senses become accustomed to something that they fight to hold on to? **Conditioning!**

We go through life doing things that were taught to us by our parents who were taught by their parents who were taught by their parents and back and back and back. This is called conditioning. But there comes a time when conditioning has to be broken. After all, the lemmings have been following themselves off the cliff for thousands of years but that doesn’t make it right.

When we learn that **saturated fat** is the leading contributor to heart disease, cancer, arthritis, type 2 diabetes, stroke, constipation, and most of the other degenerative diseases that befall us, and we learn that saturated fat comes from flesh foods (anything that walks, runs, crawls, flies, and swims, and dairy products), why do we continue to ingest them?

“Let yourself go to Pizza Hut”! The constant suggestions by the media combined with our conditioning makes us slaves to our senses instead of controllers of our senses and in doing so we compromise our intelligence. If we know that fish are loaded with mercury, banned pesticides like DDT, and dioxins, why continue to eat them? When we learn that 80% of all, chicken that sold were very much diseased before slaughter and are extremely filthy in that they are soaked in a bath of stool, urine, pus and putrid water before slaughter, why continue to eat them? When we learn that cows and other flesh raised for food are fed the ground up remains of the dead, dying, diseased, and decaying animals as well as road kill and euthanized pets, regardless of whether they are diseased or not, why eat them? When we learn that dairy cows are fed artificial growth hormones that bring them to full size in a couple of months so they can produce more and that those hormones pass to us in the milk, why drink it? When most of the eggs sold today are loaded with bacteria, why eat them? Conditioning, that’s why!

The health “magic bullet” is in every one of us and believe me, it’s not that difficult to access.

Aloha!

Hesh Goldstein is the moderator of “Health Talk”, a weekly radio show on K-108 radio (1080 on the AM dial), that airs on Saturday morning from 8am to 9am.