

Judy's Health in a Nutshell: Lesson #2  
"THE OLDER SHALL TEACH THE YOUNGER."

**I WILL GIVE YOU A LITTLE BACKGROUND OF MY LIFE** so you can see how I arrived at this beautiful stage in my life. I am 77 years old but feel quite like twelve years old! My goal is optimum health and I will know when I reach it. The journey is a joy. I follow the SOS! NEWS! Plan: **Scripture** (I am learning large passages of Scripture-Psalm 1; Psalm 91; Psalm 100: I Corinthians 13; II Timothy 3) Then **Oxygen**-deep breathing; Sunshine; Nutrition-eating food as God made it; Exercise-aerobics, weight training and stretching; water-drink 10 to 12 glasses a day; **Salvation**-live in the presence and power of Jesus Christ in my life each day. The following is a brief summary of my health journey, how I became a health nut!

**A VERY ACTIVE CHILDHOOD:** I grew up in San Marino, California where we were very active all year long. We swam in our pool in our backyard and spent summers either at Balboa Island, Harbor Island, Lido Isle or Newport Beach where we enjoyed boating and swimming. In the spring we often vacationed in Palm Springs where I would ride a mighty steed across the desert. I lived a very active childhood.

**ATE MEAT GALORE; SURPRISED BY CANCER: RELATIONSHIP BETWEEN THE TWO?** Our meals consisted of steak, roast beef, pork chops, leg of lamb, lamb chops (I really liked to eat the fat when it was charred), meat loaf, and hamburgers (and hot dogs) regularly. At age 12 when I was in the eighth grade, I could not get my foot in the stirrup to get on my horse, Daisy Mae, a ¼ Arabian mare.

**Note:** My aunt Deedle had purchased Daisy Mae for fifty chickens because Daisy Mae had been separated from her mother. She had been included in the 50 horses who came to board in the back pasture of Aunt Deedle's farm in Glendora, California. (More stories to come about week-ends and summers at the farm.)

My mother rushed me to the doctor who x-rayed my hip and put me in the hospital immediately. The prognosis was to amputate my leg. The tumor was so high up that I would have had an amputation all the way up on my hip, including my gluteous maximus. I did not know of the plan. Our precious housekeeper, Janie, wept and wailed all night long before the Lord in prayer the night before the operation. By God's mercy and grace and Janie's prayers I came out of the operation only missing my gluteous maximus. Janie was in heaven by the time I heard of what she had done. I have been able to participate in any activity I choose, including horseback riding, tennis, and golf. You can imagine how I will rejoice with Janie when I meet her in heaven.

In 1952 cancer was not a scary word. I had physical therapy and thought about becoming a physical therapist, but I finally chose to major in Elementary Education at the University of Redlands in Redlands, California, (not too far from Palm Springs) and became an elementary teacher. When I was hired as a reading specialist, I worked for my Master's Degree in Reading at the University of Northern Colorado (Note: We skied with Ski-Americards and ski equipment purchased at yard sales.) My life remained very active as you can see😊

**ALCOHOL WRECKS FAMILIES:** There was a sad part of my youth. My dear mother was an alcoholic, although my Dad drank a lot as well. I perceive that he did not have the kind of constitution that causes the body to become addicted to alcohol. I lived in the atmosphere of adults drinking. When they drank, I noticed, they become more centered upon themselves. I cannot tell you why I chose never

to drink or smoke, but I just did. I believe the answer was that life was and is too exciting to paralyze it in any way and miss something that God has for me each day. I saw the destruction alcohol caused in the life of my Aunt Helen, my Aunt Pris, and my mother, although she was never ever mean or cruel. She was very sad. Yet she was the most wonderful mother I could ever imagine having. She had six years of being alcohol free. The tragedy is that the damage that is done to the body over the years often takes a toll and life is cut short. She was in her fifties when she died.

**AFFIRMATION AND GENEROSITY:** Not once in my life did my mother or father ever say a mean or derogatory word to me. I grew up in an atmosphere of affirmation, of “you can do anything in the world that you want to do.” I also grew up in an atmosphere of generosity. I attribute that to my father, but my mother was generous as well. I think these two gifts were and are priceless in my life.: total affirmation and contagious generosity. My husband, Jack, is generous, too, so we have a hilarious time giving, always in agreement.

**I BEGAN TO STUDY HEALTH AND FITNESS AT AGE 21:** When I married, I decided to prepare the healthiest meals I possibly could. I lived in Laguna Beach, California and joined a food co-op. I learned about no whites (white flour, white sugar, white salt). I learned about no hydrogenated fats, only expeller-pressed extra virgin olive oil. Now I only use coconut oil, if any. I learned about no processed meats, such as hot dogs and lunch meat. At that time I used only whole cheese, not processed and mainly Swiss. I learned to eat food as God made it, lots of fresh fruit and vegetables. I learned to eat fruit by itself and that it digests in about an hour. I learned to eat carbohydrates as they come from the field, such as sweet potatoes and millet and that they take about three hours to digest. I learned that concentrated protein such as beans or meat (which I still ate) take about six hours or more to digest. So, I learned proper food combining: fruit alone; carbs with veggies; protein with veggies; no carbs with protein-for optimal digestion and assimilation.

**JACK AND I BECAME HEALTH MINISTERS THROUGH HALLELUJAH ACRES IN 1997 AND 1999:** At that time the final piece to the food puzzle came. Jack had not been able to digest any concentrated protein, no meat, no eggs, no cheese, no beans. At Hallelujah Acres we learned about the Genesis 1:29 way of eating. Now, this is in NO way a doctrine from God, but it was His plan for Adam and Eve. It is the way, I presume, that we will eat in heaven. While we are here on earth, God has given a release to eat whatever we choose. We are no longer living by the Law, but we are living in the grace of Jesus Christ. Therefore, the food and health restrictions God gave in the Old Testament are not a law to us. He did give them to bless the Israelites and anyone else who wants to be healthy. They are a great reference for health.

**GOD HAS A SENSE OF HUMOR:** I have to laugh when I read about how the Israelites complained to God about manna which was something akin to cinnamon crackers. They wanted meat! So, God in his humor rained down so much quail that they were bombarded with it. “OK. Go ahead!” God said.

**GOD HAS GIVEN YOU THE AUTHORITY TO EAT WHATEVER YOU PLEASE:** Each person must know his or her body and know what is best for it. For Jack and me eating meat just does not fit.

**So, what do we eat now in 2016?** Jack has steel cut oats sprinkled with cinnamon and ground flax and covered with almond milk every day, steamed in the rice cooker. Many farmers in Kansas have steel cut oats as their mainstay to give them a boost in the early morning. Jack also has a smoothie that contains banana, ground flax, a cup of greens, almond milk, and blueberries. His splurges are some gluten free snickerdoodle cookies, some gluten free barbecue chips, and some frozen coconut fudge

bars. I eat mainly smoothies and salads and fruit. I like veggie burgers, especially mushroom burgers☺ I enjoy soups a lot, especially lentil soup. I keep a pitcher of fresh lemon juice, maple syrup, and cayenne pepper in the refrigerator and have it in place of a meal or between meals. (Note: this recipe is based on the famous Lemonade Diet.) Our favorite dish is frozen bananas put through the Champion juicer to make banana ice cream. I sometimes add blueberries, peaches, or strawberries and sprinkle slivered almonds on top, often a full meal. I keep sliced bananas and whatever fruit is in season made into chips sprinkled with cinnamon and dried in the dehydrator made up for snacks to carry with me. Now your turn has come! I'd be so pleased to hear from you about how God is directing you in your health journey. **I'll be delighted to hear from you!**