ONE DAY AT A TIME

LET YOUR FOOD BE YOUR MEDICINE

LET YOUR FOOD BE YOUR MEDICINE AND YOUR MEDICINE BE YOUR FOOD. JUST THINK HOW OUR HEALTH WOULD CHANGE IF WE PRACTICED THIS. WE CONCENTRATE ON HOW FOOD TASTE, EASE OF PREPARATION, AND GIVE LITTLE THOUGHT TO WHAT IS GOOD FOR US, AND WE CERTAINLY DO NOT WANT TO HEAR WHAT'S BAD FOR US. **RIGHT???**

Jack

Written by Jack Briggs (1933 – 2016)