

Re: OT: Health Cost Was: My continuing saga with power supply bypassing

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- *From:* "Michael A. Terrell" <[mike.terrell@xxxxxxxxxxxxxx](mailto:mike.terrell@xxxxxxxxxxxxxx)>
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Joerg wrote:

Might want to try Mexiko for dental work.

I can't afford the trip, and due to circulation problems, I doubt I could fly that far if I had the money.

I agree, obesity can have other causes and I certainly do not want to scold anyone with that condition. But the reality is that the vast majority is habit-caused. Every obese person I know out here has a habit of eating large quantities of not-so-healthy food at an astounding speed or run around with 64oz "big gulp" coke bekers. Nah, not the diet coke, of course, but the real stuff. They drive everywhere, never take a walk and hang in front of the TV most of the time (eating). That's the habits that make most of us sick.

I was drinking Diet Mountain Dew as soon as it hit the market, almost 20 years ago. I have cooked almost all of my meals since 1974. Low fat meats, lots of vegetables and some fresh fruit. I can't remember the last time I bought any butter or margarine. A box of salt lasts so long it hardens up, about 90% full. Its used when cooking pasta, then most of it goes down the drain. I have gone years without any candy, and I don't think I've had any sugar in the house since the 70s.

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Service to my country? Been there, Done that, and I've got my DD214 to prove it.  
Member of DAV #85.

Michael A. Terrell

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Central Florida