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Subject: Eat Healthy

Date: Sun, 17 Feb 2002 19:51:30 +0000

Importance: Normal

>>>And God populated the earth with broccoli and cauliflower and spinach and
> >>>green and yellow vegetables of all kinds, so Man and Woman would live
> >>>long
> >>>and healthy lives.
> >>>
> >>>And Satan created McDonald's. And McDonald's brought forth the 99-cent
> >>>double-cheeseburger. And Satan said to Man, "You want fries with that?"
> >>>And Man said, "Super size them." And Man gained pounds.
> >>>
> >>>And God created the healthful yogurt, that woman might keep her figure
> >>>that
> >>>man found so fair.
> >>>
> >>>And Satan froze the yogurt, and he brought forth chocolate, nuts and
> >>>brightly colored sprinkle candy to put on the yogurt. And woman gained
> >>>pounds.
> >>>
> >>>And God said, "Try my crispy fresh salad."
> >>>
> >>>And Satan brought forth creamy dressings, bacon bits, and shredded
> >>>cheese.
> >>>And there was ice cream for dessert. And woman gained pounds.
> >>>
> >>>And God said, "I have sent your heart healthy vegetables and olive oil
> >>>with
> >>>which to cook them."
> >>>
> >>>And Satan brought forth chicken-fried steak so big it needed its own
> >>>platter. And Man gained pounds, and his bad cholesterol went through the
> >>>roof.
> >>>
> >>>And God brought forth running shoes, and Man resolved to lose those extra
> >>>pounds.
> >>>
> >>>And Satan brought forth cable TV with remote control so Man would not
> >>>have
> >>>to toil to change channels between ESPN and ESPN2. And Man gained
> >>>pounds.
> >>>
> >>>And God said, "You're running up the score, Devil."
> >>>
> >>>And God brought forth the potato, a vegetable naturally low in fat and
> >>>brimming with nutrition.
> >>>
> >>>And Satan peeled off the healthful skin and sliced the starchy center
> >>>into
> >>>chips and deep-fat fried them. And he created sour cream dip also.
> >>>
> >>>And man clutched his remote control and ate the potato chips swaddled in
> >>>cholesterol. And Satan saw and said, "It is good." And Man went into
> >>>cardiac arrest.
> >>>
> >>>And God sighed and created quadruple bypass surgery.....

> >>>
> >>>And Satan created HMOs.
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