

You can do this or that to Man a Woman, **but DON'T ever try to....**

You can steal a man's car,
Foreclose on his home,
Secretly run off with his wife,
Ruin his reputation ... for good,
Fire him from his job without justification,
Break his riding lawn mover,
Crash into his sailboat,
Shrink - beyond repair - his favorite jammies,
Or burn a hole (through all three layers) in his only three-piece suit,
But don't ever try to change his diet!

You can hijack a woman's car,
Foreclose on her home,
Abscond with her husband,
Forever sully her reputation,
Give her a pink slip without any warning,
Smash into her golf cart,
Capsize her yacht,
Give away her designer handbag to *Goodwill*,
Or leave multiple hot iron marks on her favorite designer silk dress,
But don't ever try to take away her preferred foods!

What's the point here?

The older we become, the more attached we become to our favorite foods...the more difficult it is for us to break with them even when our quality of life suffers terribly from eating them...even when they have been proven to be highly detrimental to our health, and may even bring about our death; we still cling to them with all our might. Don't we?

Crazy, isn't it? Not really, considering the fact that many of our strongest food addictions can be explained as the very basis of *Comfort Food Syndrome*. Sometimes the very foods, which we crave and can't do without, possess subtly addictive qualities. Sometimes these naturally occurring chemicals take the form of opioids -- psychoactive chemicals that work by binding to opioid receptors in the GI tract. For instance wheat, dairy, sugar, and soy all possess addictive components. In an extreme case, tobacco belongs to the *Nightshade* Family, known as Solanaceae, and even some of the foods that we eat from this family have been proven to contain nicotine.

Like we said earlier, you can take a man's or woman's anything, but **DON'T** try to take away their favorite foods, preferred beverages or drugs of choice, be they pharmaceutical, nutraceutical or recreational. And, this is often where the root cause of sickness is found.

Which is why it can be such a challenge these days to heal a longstanding injury, cure a chronic disease or eradicate a lingering 'childhood' illness that just won't quit.