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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**FREE Food**

**By Kathy Thompson**

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It was early Saturday morning. A new grocery store was having a "Grand Opening" and offering FREE food. A line had started.

First in line was Henry Hyperson, an insurance salesman in his forties. Puffing a cigarette, he was nervously tapping his foot. His casual clothes just hung on his skinny frame. His breathing was short and quick. Impatiently, he was fidgeting his cigarette from hand to hand.

Second in line was Carol Calmton, a physical education teacher in her thirties. Standing erect her hands were behind her. She had a confident smile on her peaceful serene face. Slim, she had an athletic figure. Her clothes showed good taste.

Third in line was Fanny Floppy, a housewife in her twenties. Yawning and sniffing, she had a cold. Her complexion was broken out with pimples and blackheads. The heavy woman had a loud sneeze. She wiped her nose on her sleeve. Then she scratched her head through her curlers. Slouching she looked tired and bored. Her dress was too tight and her slip was showing. Billy, 5 and Susy 7, were hanging on her slip.

The manager opened the door and announced the first three people in line won a FREE cart full of food.

Jumping up and down, Henry was ecstatic and emotional. He hugged the manager and wanted to run and tell his wife. But he would lose his place in line. Everyone had to calm him down. Carol appreciated the opportunity and thanked the manager. Smiling, she was grateful and went in to fill her cart. She had a list in hand. Shrugging and yawning, Fanny didn't think it was a big deal. Scratching her rear end, she sniffled. Tired, she wondered in. Billy and Susy were all excited jumping up and down, and pulling their Mother to move faster.

## FREE Food

In the meat section, Henry grabbed the hamburger, pork chops, steak, sausage, bacon, spare ribs. In the frozen food section he took fish sticks, tater tots, pies, lasagna, ravioli, waffles, onion rings, pizza. He picked up sugar, rolls, muffins, danish. Then it was anchovies, olives, salt, pepper, pickles, mustard. Next he picked up canned peas and corn. In the dairy case he got processed cheese food, eggs, milk. After that he took, potato chips, snickers, beer, coffee, 5 cartons of cigarettes, coca cola, vodka, tacos, alka seltzer, sominex, anacin.

First, Carol got raisins, walnuts, sunflower seeds, honey, whole wheat flour, herb teas, orange juice and cranberry juice. From the meat section, she picked up chicken, haddock, flounder, and shrimp. From the dairy case, she got skim milk, cottage cheese, yogurt. Her last stop was in the produce section; potatoes, tomatoes, carrots, beets, lettuce, squash, onions, mushrooms, broccoli, cauliflower, peaches, bananas, grapes, grapefruit, apples,

oranges, peaches.

In the dairy case, Fanny grabbed the butter, whipped cream, chocolate milk, whole milk. Then she picked up ham, hot dogs, sausage, bologna, hamburger.

In the frozen food section, she got tv dinners, pot pies, coffee cakes, french fries, ice cream. Then it was wonder bread, cheese puffs, donuts, cookies.

Her cereals included Fruit loops & Sugar Smacks. After that she grabbed the spaghetti, instant potatomix, gravy mix, Jell-O, kool aid, soda pop, ding dongs, crackers, miracle whip, jelly fritos. After all that, she had to get Roloids, Bayer, Comtrex, contact, laxatives, diet pills.

As they came to the check out counter, the manager noticed what was in their carts and their behavior. Henry was in a hurry and searching for his cigarettes. Carol thanked him again. Fanny was slowly bringing up the rear with her kids pulling on her.

Cocking his head, the manager was sure their food choices affected their appearance and behavior. Which one are you and which would one would you like to be like?

Three different kinds of foods affect you differently. Stimulants (meats & spices) are addictive and can make you nervous, high strung, and hyper. Imitation, junk, overripe, rotten foods can leave you feeling lazy, lethargic, and susceptible to illnesses. Real food from nature are the best, leaving you healthy and relaxed.

Kathy Thompson, is a freelance writer/speaker, with over 25 years of researching nutrition and fitness. For help with losing weight, cleaningup your diet, or improving health, email Kathy at: [healthyu@words4-u.com](mailto:healthyu@words4-u.com).

## **Quality Dog Food Is Essential For The Health Of Dogs**

**By Mike Yeager**

## FREE Food

Dog food is very important for the health of dogs. It is easy to overlook it, but it is essential to pick the right dog food for your pet dog. People sometimes just pick the first dog food bag they see at the store, instead of considering what is needed for your own dog. Puppies need different types of food than mature dogs, just as different breeds of dogs also require different types of dog food. If your dog seems like it has no energy, consider switching to another type of dog food. If you are unsure what kind to buy, you should consult your veterinarian.

Dog Food should be healthy and tasty.

If your dog does not like a certain type of dog food, do not force your dog to eat it. Instead, try to find another type of dog food that has all the vitamins that your dog needs, and your dog enjoys eating. Also, be aware that your dog's taste may change over time, and may not necessarily eat the same dog food all of its life. If it does not like its current dog food, then buy some other types of brands, and see which one is its favorite.

Mike Yeager  
Publisher

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What'S That In My Food!  
Organic Dog Food and Making the Right Choice  
Do You Know What You Are REALLY Feeding Your Pet?  
Food Safety Begins In The Home

Smoothies for Athletes  
Recipes from the Heartland  
How to become a Chef!  
Complete Library Of Cooking  
Beat that Fat

FREE Food



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