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**Is Man's Next Step Like A Can of Potted Meat?**

**By Dr. Rita Louise**

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Is it the dawning of the Age of Aquarius? For years, predictions have indicated that humanity is readying itself for a golden age, a so called new age that is right around the corner just waiting to roll in. According to these forecasts, the air we breath will be clean and our environment pure. Hunger, starvation and disease will be eliminated. Most importantly, we will finally experience the peace and harmony we all desire and we will live in the spirit of brotherly love.

I too long for these events to take place, however, the reality that currently exists on our planet is very different and the choices we are making are sending us down a road that does not lead to salvation.

When I think about where we are going and how we are getting there, it can be likened to a can of potted meat. For those of you that are unfamiliar with potted meat, it is a canned meat product that is found next to the Spam and Vienna sausages at the supermarket. Its primary ingredients include cooked beef fatty tissue, beef hearts, beef tripe, cooked pork fatty tissue and mechanically separated chicken. These tasty morsels are ground up into a paste-like consistency, mixed with lots of salt and chemicals, canned and sold for human consumption.

I'm sure by now your mouth is watering and you just can't wait to sink your teeth into a forkful of this tempting delicacy. And while I make this comment in jest, the reality is that three major food manufacturers fight for shelf space at the supermarket each hoping to capture the potted meat market. The saddest or should I say scariest part of the saga is the fact that people buy it! It isn't as if only one or two people get the urge to munch down on some good ol' potted meat, there are thousands if not millions of people around the country why buy it, creating enough value, based on sales, to keep it on the shelf.

By now I know you're wondering what potted meat has to do with our next step, but it has everything to do with it. Take a moment and look around. Every day, our air grows increasingly worse. Obesity in children is running rampant. The amount and quality of real, wholesome foods on the shelves at

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supermarkets are being overrun by prepackaged preprocessed chemically laden ones. We fear for our safety, distrust our neighbors and hide in our hearts and in our homes. And like the potted meat, even though we don't really like it and know it isn't good for us, we buy it anyway.

Let's face it folks, we live in a chaotic world and in our haste we look for the easy answer. We let big business and big brother decide what we want, what we need and how much we can put up with. We've allowed the air we breathe, the foods we eat and the things we do to poison us and like pigs going to slaughter we do nothing about it, except perhaps complain.

Instead of working to bring in this new and golden age, many of us are sitting around waiting for it to show up. There are some who believe that if we pray hard enough, hope deeply enough or say enough affirmations that things will somehow magically change without any effort on our part.

There are others who believe that it can only be achieved after a major calamity falls upon the earth

recreating balance in the imbalanced world in which we live. That it is only through the workings of karma that a profound shift can ever be achieved.

So how can we create this better world? The first step is it needs to become our number one priority. We must decide it is of utmost importance to us and let money, greed and personal gain take a back seat. It necessitates a change in consciousness from "what do I want" to "what do WE need". Until there is a dramatic transformation in the hearts and minds of man, the goal of a new world, while a nice thought is unachievable.

Unfortunately, many of us have chosen to stand on the sidelines and wait for the tide of personal and planetary changes to occur around us. However, it is not until we stand as a unified whole and demand that change take place that anything will happen at all.

Is it going to be hard? Damn right it's going to be hard. Tom Hanks in the movie *A League of Their Own* stated: "If it was easy, everyone would do it. The hard...is what makes it great". Remember change doesn't happen by hope or by prayer alone, it requires action. So take a stand, make a decision, let your voice be heard, your greatness shine. Don't let karma rear its ugly head. Just say no to potted meat and choose to bring in the future you desire.

Dr. Rita Louise, PhD is a Naturopathic Physician and a 20-year veteran in the Human Potential Field, and it is her unique gift as a medical intuitive that enlivens her work. Author of the newly released book "Avoiding the Cosmic 2x4", Dr. Rita Louise, Ph.D. can help you identify what is really going on and provide you with straightforward guidance and advice. She can be reached by calling 972-475-3393 or visiting her website at

## Is Your Recipe Safe?

## Is Man's Next Step Like A Can of Potted Meat?

### By News Canada

(NC)—Sure, it tastes great and earns rave reviews from everyone sitting at the dinner table. But is your favourite recipe also a safe one? To prevent serving up foodborne illness at the dinner table, follow this helpful checklist when preparing a meal:

#### Marinating

I am marinating in a covered container in the refrigerator. Uncooked meat, poultry or fish in a marinade is perishable.

I am marinating meat for less than 24 hours.

I have disposed of leftover marinade to avoid cross-contaminating other foods.

#### Cooking Meat

I avoid cooking meat at low oven temperatures. Slow cooking at temperatures under 325°F (163°C) can create a bacteria-friendly environment.

I cook meat thoroughly. Consuming undercooked or raw poultry, fish or meat is risky, as harmful bacteria may be present.

I cook red meat to at least 160°F (71°C) and poultry to at least 180°F (82°C).

I use a meat thermometer. Look for products on the forefront of food safety, like Maple Leaf hams and turkeys with built-in meat thermometers. When the meat has been safely cooked, the thermometer will pop up to let you know it's ready to eat.

By carefully preparing and cooking your food, you can minimize the risk of foodborne illness. Food processing companies, like Maple Leaf, recognize the importance of food safety. To read more tips on enjoying safe recipes, and to learn more about Maple Leaf's commitment to food safety assurance and innovation, visit

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