

**A TALE OF TWO LOSERS**, and I'll start with me

"It was the best of times, it was the worst of times," the 1950s that is, for me, looking back: my first 10 years of existence and what I once thought of as pleasant memories of food & drink. I guess they could be called good times.

The bad times, the worst of times, were

beginning to take shape and it wasn't just with McDonald's franchises...

I'm thinking TV dinners and mom in the kitchen, adding an egg to a cake mix, and she calls it "cooking". I'll get back to the food memories in just a moment, but jump ahead with me to my age 60 just eight brief years ago:

*In every circumstance and in all things I have learned the secret of being well-fed and of going hungry, of living in abundance and of being in need.*

*Philippians 4-12*



**Panic button:** I hit the button right before turning age 60 (March 2010), and, I must admit I was somewhat depressed, having to give up my three lifetime hobbies: BOATING, BASKETBALL, & MUSIC. It was the joy of fishing and boating, the exercise & competition that was the fun of basketball, and the thrill of music, of playing guitar and singing in front of small crowds. I could not continue my passions, due to the joint pain

**(cortisone shots in both knees, spinal decompression for the back, and painful physical therapy for frozen shoulder).** I just knew that my condition was a result of at least one of the hobbies, if not all three, and I gave them all up at the same time. I didn't realize until a year later that I was wrong, that **my symptoms were a result of my obesity**. I had ballooned up to 255 pounds rather suddenly (it had taken just over one year for me to gain 35 pounds or more) from my rather "standard" adult weight of 215-220 pounds. All I knew was that, besides the physical anguish, and mental anxiety, I went from a 36" waist to 40 "and I felt like I was waddling like a fat duck – hence, the picture above with the panic button.

Here's a brief chronological "food memories" history (I'm just trying to give you a picture of where I was, how I felt like a fat duck, and where I am now):

3-10-50 DOB, Miami FL

Mid-1950s: first memories of food are Dr. Pepper & Moon Pies (I would steal 15-20 cents from mom's pocketbook to satisfy my cravings). Also, a favorite sandwich of mine was peanut butter and syrup, sometimes with a banana slice included.



I quickly graduated to hot fudge sundaes, Cherry Cokes, blueberry pies etc.

1960 @age 10: I remember loving the switch from butter to margarine (a.k.a. trans fat) because it didn't make holes in my Wonder Bread when I spread the margarine.



1963: As an impressionable teenager, I was embarrassed to wear HUSKIES Jeans, then called "dungarees", and to make matters much worse, my brother called me "**TB**", the abbreviation for "**TREMENDOUS BUTT**" - not a good nickname for a 13-year-old...

1965-1968: A high school growth spurt made me slim again - in addition to my sugar addiction, I had started smoking cigarettes as the "Marlboro Man" at age 16 (beer habit started about this time).

1971: Age 21, and a newlywed to my wife Peggy, a super-duper wife, loving mother to our three children and a good cook; and I'm not about to blame her cooking for the next four decades of my yo-yo up & down weight gain, but by age 25, I was struggling, again, with weight control. I specifically remember trying the "potato diet", and yes, like a lot of other diets, it worked at first, but, as a significant lifestyle change, it was not meant to be.

1975 – 2008: A variety of diets, but always back to the Atkins diet, a low-carb diet and I would say at 6'0", lean to me was low 200s and then, back-and-forth to 220-225 lbs. and if I could name an average weight, I would say 215 LBS. Also, from age 30 on, I was borderline diabetic,

triglycerides over 200 consistently and occasionally spiking to 500, which is a medication-needed level.

2008: Recession in full swing, losing lots of business as a Realtor, age 58, thinking "let it go, let it rip, I'll just eat my way through this mess - WHO CARES?" and in less than two years, I ballooned to 255 pounds – joint ache etc. - as discussed previously.

2010 - **LOSER SYNDROME** sets in big time - age 60, net worth gone, globs of fat replaced my dollar bills? And, guess who does care after all? Not only did I feel extremely uncomfortable "wobbling", not only did I lose the capability for my three hobbies, I was now saddled with extreme pain (physical & mental). So, yeah, I did care again; I needed to pick up the pieces and start over... no other choice but weight loss and exercise.

Thank you, Lord, for once again intervening... I certainly cannot take sole credit for the inspiration I was about to receive...

**Eat this fish dinner 3x  
to normalize triglycerides + cholesterol  
the "miracle" of Orange Roughy**

So, yeah, here I am about this time, 2010, feeling fat and wobbly & whatever, I was introduced to a fellow parishioner from our church, Khanh Nguyen. He does not have credentials that I know of, such as medical doctor or PhD etc.; he's a businessman and owner of an oriental food market. His passion is health & healing through food choices, and has counseled thousands of "patients", especially in the realm of alternatives to statins and other medications.



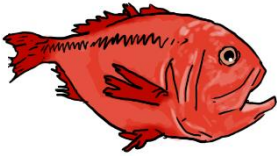
I spoke with him about my high triglyceride levels and asked for suggestions. He explained to me that I probably have a "fatty liver" and that the fat layer I have around my liver could be discharged in a bowel movement during a three-day span while eating some certain fish dinner three nights in a row. I was to have approximately 16 ounces of Orange

Roughy (I purchased mine in the frozen food section of Publix) each night for three nights with a large organic green apple and nothing else; the fish could be fried, baked, or grilled and I was to have nothing else to eat at night for those three evenings. I was to look for an oily discharge in my stool between the second and third day of this process.

Sure enough, there it was on the second night or third day, I don't remember which; this was eight years ago, and, although it may sound like a very squeamish sight to you, I was ecstatic. I had taken a blood test the previous week that showed a triglyceride level of 208. Trusting in the good "Dr." at this point, I just knew a new blood test would show vastly improved levels, which is exactly what happened, a new reading of 115. Cut in half, virtually overnight! By the **power of food!!** Food alone, and, how do I know this? If I had not taken the blood test, I might've thought the discharge was from the oil or fat of the fish and not from my own liver! **The power of food! It still gives me goosebumps as I write this, how great is the power of food,** and I have not even got to the best part of my daily routine: GOD FOOD!

FYI: a couple of worthy footnotes: Orange Roughy tastes good enough by itself, but I did indeed use a little lime, salt-and-pepper, but no other food except the large organic green apple. I still drank beer those nights but had to forsake my beloved sunflower seeds. My cholesterol levels vastly improved also. Utilizing my God Food regimen, my lipid levels, as well as my triglycerides, improved on a regular basis with a "best score" of 84 on the triglycerides about two years ago. Then, about a year ago, for some unknown reason, my triglycerides approached 200 again (maybe it was the beer); I did the Orange Roughy thing again, and, of course, it worked again! The oily discharge! (only this time I took pictures). Again, a rather graphic picture is not for the squeamish out there, but it's on my new website-under construction and new details will be provided at the end of this book.

I'll show the math on my website, but in the meantime, if you'd like to try the recipe: if you're 300 pounds, for example, 19 ounces of fish and maybe two normal size organic green apples should suffice. At 200 lbs., 13 oz. of fish should be your choice (see a fifth-grader to help you with the math).



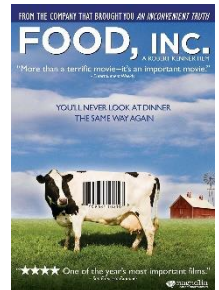
Bottom line: if you're like me, you will lose about 2 pounds of the nastiest fat in your body - it's wrapped around your liver like a snake and, among other things, it is my understanding that a fatty liver prevents absorption of vital nutrients,

including vitamins and prescription drugs. Check with your health care practitioner, see what he or she thinks, show them the results of your blood test, and don't forget the picture!

The miracle of Orange Roughy is what I call Revelation #1. Next Sunday's continuation will include Revelation #2... You will be intrigued!

Guaranteed...

Okey-dokey then, so we have Revelation #1, the fish dinner cleanse or detox, what I happily call the "Orange Roughy Miracle"; now for Revelation #2, my favorite foodie movie of all time, and I've seen lots of them, **Food Inc.**....buy or rent from Amazon, or free on youtube...



By the way, I feel that the previously discussed fish recipe is a unique, one-of-a-kind experience. How many dinners out there can revolutionize your life? It's in a class by itself - I feel the same way about this classic award-winning movie that I came upon in 2010 (**FOOD INC**).

There are indeed other movies and documentaries that I suggest you watch, in particular, **FOOD MATTERS**, and the brilliant, entertaining series by National Geographic: **THE HISTORY OF FOOD**.

Here's just a few reasons I consider Food Inc. world-class: Oscar-nominated for best documentary, featured on Oprah, and a #1 selling DVD on Amazon.

How about this for an opening line to a movie:

**“the way we eat has changed more in the last 50 years than in the previous 10,000”**

The emotions, the drama, & the knowledge garnished from real people (not actors) is priceless... learning about **CAFOs** (Confined Animal Feeding Operations) - the filth, the manure, the hormones; **you'll never want a**

**chicken nugget or burger or dog from “their” operations: FACTORY FARMERS (money & profit comes first, human health & dignity last).**

**PINK SLIME** - you’ll have to watch real carefully for this, (about 36 minutes into the film), rectangular boxes coming down the chute where the meat is “cleansed” with ammonia (to kill E. coli). They call this “meat filler” in the movie and they say they’re proud to have found creative uses of animal “byproducts”. What they don’t mention is that these byproducts include, among other disgusting parts of the animal, the **ground-up hide**. Disgusting... commonly referred to as “pink slime” these days, welcome to what was commonly included in our kid’s school lunch program until 2012? By the way, grass-fed beef & bison have little to no E. coli.

**GMO**, genetically modified organisms, a.k.a. genetically engineered food is introduced into the movie at the 50-min. To 1-hour mark. See special recent development updates at the end of this chapter!

Another line in the movie is “they don’t want this story told”. We can see why now.

Please... Please... Please see this movie... it’s only 93 minutes long!



Pay special attention to the grocery cart going up and down the aisles of the **Standard American Diet** grocery store – yes, the acronym **SAD** - pay special attention to the stocked shelves of the grocery store, I

have my special particular reasons why, you will soon see.

I have wave after wave after wave of goosebumps going through my body as I think of the best way to impart to you the most critical part of this whole book.

I did not mention above that Food Inc. describes the circumstances and many of the following lawsuits, “Kevin’s law”, concerning a three-year-old boy that died after eating a bad burger from a large franchise shop (Jack-in-the-Box) - details start about 30 minutes into the film.

I did not describe the ruthless tactics that Monsanto (and other major chemical companies such as Pfizer) use against the farmers (and us, especially as to lack of labeling of foods that have been genetically engineered, genetically modified). FYI, Monsanto makes glyphosate (the killer ingredient in Roundup) that’s included in all our GMO foods. A brief history of Monsanto: developer and/or promoter of DDT, Agent Orange, saccharin & aspartame... Do you really want to be eating GMO foods developed by this company-Creator of chemical food? See the movie!

here’s the first important part:

**Putting 2 + 2 together** - math is not my strong suit, but this is too important not to get straight:



I watched Food Inc. a second time...

I went to bed thinking of those aisles in the grocery store... asking myself... what items, as I mentally walk through the aisles, are not chemically altered, are not structurally changed; what items

would I now call GOD FOOD?

I walked the sides of the store (typically dairy, meat & seafood, produce): We’re talking SAD markets here folks: milk & meat, you don’t want the CAFO-produced brand anymore, do you? or tomatoes flown in from overseas, injected with dye, & taste like cardboard? Do you?

That leaves those vast center aisles typically described as “packaged foods” - most of which are made with hydrogenated oils and other crap - you don’t want this crap, do you, not in your local SAD store?

Oh, did I say crap; whoa, did I say crap twice? I like the significance of where this is leading: I have the most important acronym of the book and it's a four-letter word to describe what you're eating in most grocery stores, and in virtually all restaurants, and not just in the fast food chains and c-stores (convenience stores).

Here we go people, once you internalize this concept, you will never ever be the same... you will want to spread this particular good news to family and friends, but you have to take it to heart and really understand it...

<p style="text-align: center;"><b>CRAP</b> Chemically Restructured - All Products</p>
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CRAP is the direct opposite of GOD FOOD. It's the biggest sin in modern history that I can think of... we took our Great Original Designer "recipe" and butchered it for profit. **Another author has dubbed GMO as "God Move Over"**.

It's not your fault that you're fat and sick; you have become hardwired & addicted to **chemical food, CRAP**.

*It is your fault*, if you don't start doing something about it – because, in case you haven't already figured it out, the second loser in this chapter, in A TALE OF TWO LOSERS, is undoubtedly YOU!

We've become a nation of losers and I hate to think that our government, our political leaders, aren't aware of some of the things in this book. National healthcare, as bad & expensive as it is, will only get worse if we can't solve our health and food problems.

This is the first generation, kids being born today, to have a lower life expectancy than their parents.

What's given me the goosebumps is more than our selfish goal promised in my book: LOSE WEIGHT, LOSE JOINT PAIN, LOSE AGE ITSELF. Yes, it's much more:



It's about saving lives... lives like Kevin...

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SPECIAL UPDATES:

Whole foods has been my main go to for eight years now and will remain so, I do hope, but apparently Amazon, the new owner, is changing the way the foods that have always been designated "non-GMO verified" are labeled and will therefore make my recommendation to buy organic more important than ever...

Again, **certified organic** will mean you're buying non-GMO foods!

I will be taking a 2-week break from my Sunday emails and will continue future chapter previews on the first Sunday in July... In the meantime, very important:

If you have missed any issues, they are now available on my website

CallMike.com. Coming soon is a tutorial chapter with lots of pictures of foods & drinks available at whole foods to make a new shopping list that much easier!

