

DO YOU WANT TO LOSE WEIGHT AND BE HEALTHY?

I know, why writing about losing weight and health on an art website? Well, let me give you a little history and you will understand the why...

After moving to Indianapolis and after my wife arrived from Chile, back in July 2008, while I was sitting on my chair watching some TV after dinner and in my 49th years of age; I suffer a strong heart attack... My wife rushes me into the hospital, I just remember the strong hurt in my chest and then I was laid down in a bed in an emergency room full of doctors and nurses. After a while, the doctors were telling me that that I was having an infarct and they were trying to stabilize my condition. I enter to the hospital at 11pm that they and at 7 am next morning they took me to the operation room and put me an extend in one of my arteries because there was a blockage interrupting the flow of blood to the heart.

I was a Smoker, and my eating habits were the worst you can imagine. Being ½ Italian Pastas were a strong part of my diet, without talking about the sweets... So, there I was on a hospital bed after my infarct thinking of what I am going to do. Without a doubt in my mind the issue of smoking has to stop; which I did immediately. Easy was not, I was a 2 pack a day smoker... But I was thinking, after fighting with immigration for almost 3 years for having my wife with me, and after just starting in my new medium of art (watercolors) there was a lot of things I needed to do before even consider death.

So, I was a week in the hospital and after I went out started my changes and the first one was the smoking. I stopped immediately as I express before, and since July 28th of 2008 I have not touched a cigarette again. The first goal was accomplished.

While I was in a bunch of medication, my wife started to get information on what diet I should do in order to ease my condition. A lot of information was read and studied. Later on, I was diagnosed with Type 2 Diabetes on top of my High Blood Pressure. So no more white sugar, white bread, sweets, and on top of it I have to watch my cholesterol too. And I was 49 years old.

After 10 years in the same medication and eating supposedly healthier; my condition was not improving, I still was taking the same medication... So, I continue looking for answer and I found some disturbing facts about the food we all buy at the supermarket. The regular food in the supermarkets are full of chemicals that the industry uses to make the food to long last more on the shelves. Not including the other bunch of pesticides and chemicals to make resistance to insects. The first step was to start buying everything Organic and or Kosher. Eliminate all the processed food as much as possible, specially the White Sugar; actually, white sugar is not a natural thing at all.

Then We have found a disturb reality that started here in USA and is globalized today; the issue with the wheat!!!! And what I am going to say now is the truth and you can investigate it on the internet. The wheat that we are consuming today is actually a slow and silent human killer that we need to avoid it at all cost. And all started back in the mid 1950's with Mr. Norman Ernest Borlaug – Nobel Prize Winner in 1970.

He was an agricultural engineer, geneticist, Phyto pathologist, humanist and considered by many today as the father of the modern agricultural trends and methods. Actually,

people use the term of the Green Revolutionist to identify him, and also is considered as “the man who save one thousand million lives”.

To make the story short, this guy, and the scientist who worked under his directions, modified genetically the molecules found in the wheat, they modified the Gluten in the wheat, supposedly to enhance the properties of this molecule and they recreate it to a supper gluten. The immediate effect of these changes was an apparent benefit to overpopulated and extreme poor environments; so, they test this in Mexico first and in a very short time a self-sufficiency of wheat was reached in Mexico. In 1956, the group of scientists that participated with him in Sonora obtained an achievement of enormous importance: the development of wheat dwarf varieties, high yield, wide adaptation, resistant to diseases and with high industrial quality... By 1962 it was being agriculture all over the Americas including USA. And little time after that it was all over the world. However, decades after that, for some critics, the advancement of these technologies has caused serious environmental imbalances...

We know that these changes are the number 1 cause of obesity in the world. The super gluten that we have in ALL WHEAT today is not only causing obesity, it causing the sugar we consume in our body to be resistant to the insulin that our pancreas produces, causing obviously Diabetes. This is what happen when humans temper with the fabrics of Nature... We the people pay the consequences.

The solution is simple... Stop all processed food like the white sugar. Stop the consumption of Wheat of your diet. Look for alternative to produce you own bread, and sweeten your food with Honey (Organic) or Coconut Sugar. The Coconut oil is superb oil for cooking, it will long last more then any other and you can reuse it a many time you like because it won't decompose on heat....

I have been without my meds for months now... The only thing I have done is what I have already told you plus I consume a great amount of seeds and nuts. Specially I take two table spoons of raw grinded Hemp Seeds daily, I drink every morning a large glass of water with a squeezed lemon and two spoons of Organic Apple Cider Vinegar, and I also take 1 pill of Back Seed Oil that I have purchased on a natural store. And I have never felt better since my Heart Attack. Also, my wife is making our own bread out of Rice Flower, Garbanzo Flower and other ingredients... she also does healthy pastas too....

My grandfather told me once that we are what we eat!!! And is true, believe me, is TRUE. I want to enjoy art for a good period of time, I know that when the moment comes I will have to face death and meet my creator; but I do not want to rush the meeting.

May you all have a good live, but primarily a HEALTHY one.



Walt.

