

I DON'T LIKE BROWN RICE-VEGETABLES-BEANS

"Noli carborundum---" Direction, not perfection

"If you like it, it is either illegal, immoral, or fattening" is a very well known wise saying. And the truth is that I don't like brown rice-vegetables-beans(**G-V-B**). That is not to say that I dislike brown rice-vegetables-beans, that is to say they don't give me the same kick that meat, cheese, chicken, Chinese food, pizza, grinders, Coca Cola, coffee, cigarettes, fried foods, etc. do.

You and I have evolved or are designed to breath clean air, drink clean water, have a positive attitude, work physically hard and be lean/cut (muscular lines of definition), and eat a very high fiber/low fat diet. You don't have to do it, but as in breaking any law, you will likely pay the price at some point with:

- Stress, being overweight, diabetes, dialysis
- Bad self image/depression
- High blood pressure, heart disease, stroke,
- Cancer, diverticulitis
- Hospitalization/surgery/accident, etc.

I do like the **FREEDOM(!)** that I get from eating G-V-B and I also like avoiding the jail of medicine those other things would cause in me (or you).

"Noli carborundum illegitime" is a saying about perseverance and translates as: "Don't let the ba---ds grind you down!" And it does take perseverance and determination to do this, but you do not have to do it all at once. Don't be a follower of (other) bad ideas, and do as everybody else wants you to (that is, hurt yourself). You will give up some pleasures to be free, but then you will have the pleasure of your freedom, no need to see doctors, a cholesterol-blood pressure-blood sugar of 130 or less, feel healthy, and have the inner moral courage that comes when you know that you are doing the right thing.

I am not trying to be grim, but the price of freedom is never cheap, it takes a fair amount of dedication, and you do it/have it if you want by exerting the effort, or if you are slow, you lose it. This is not about perfection, this is about moving in a direction. As always, it's your decision, but the above facts will help and assist you in achieving these goals.

H. Robert Silverstein, M.D.
Fellow of the American College of Preventive Medicine
Fellow of the American College of Cardiology
HRS/kkt