

LIVE-IT VS. DIE-IT

DON'T CALL IT A DIET!

by Ras Danny and Wendy Oliver

"Anti-Aging! Buy Youthful Essence! Be Fit Fast! Slim Down Now! Get Trim Spa, Baby!" Does anyone age gracefully anymore?? We are constantly bombarded night and day with fad diets, pills, special exercise equipment, quick and easy schemes and scams promising results and diets. We call all that "Die-It" – when all we really need is balance and healthy good ol' common sense. With all this hype, it is hard to be natural anymore. Let us Live-It!

Don't forget your roots! Living peacefully, centered, grounded and consciously, promotes a healthy lifestyle even in these fast-paced, modern times. Although it takes a lot of work, effort and commitment to stay in – and maintain – good health, it can be done. Maintaining a positive mental attitude, keeping the faith, eating nutritiously and exercising regularly is really all we need to keep fit and Live-It!

In order to have, and live, a clean lifestyle, you need to first remember, "cleanliness is next to godliness." Begin your healthy approach with filtered water for cooking and drinking. Bathing and washing can be done with regular tap water. Next try to maintain a proper balanced, nutritious diet of fresh fruit and vegetables (cruciferous foods being the best, such as broccoli, cabbage, carrots, cauliflower, etc.), protein (fish – wild versus farmed – tofu, dried beans, peas, lentils, etc.) and adequate fiber (steel-cut oatmeal every day!). Eat lots of tomatoes and tomato sauce. Snack on walnuts or hazelnuts.

By eating a balanced diet you are proactively preventing disease before it can occur. Additionally, eating as organically as possible and keeping a healthy respect for the damage that excess in anything can do, will assist you in maintaining good health and vitality.

Spicing up your food is another way to not only improve the flavor, but ward off disease as well. Garlic, ginger and onions are considered the "Holy Trinity" according to Yogi Bhajan. Turmeric, cayenne and various peppers can kill germs, viruses, clean the sinuses and improve the functioning of your upper respiratory system. Bragg's Amino Acids is also another good way to spice things up, yet is pure soy – no salt – and we use it in everything; plus it keeps blood pressure down too.

Avoiding the temptation of fast foods and Quick! Easy! boxed meals is another way of improving one's temple, as nothing beats the taste of a good, home-cooked meal! Not only does it excite and exhilarate the senses, but the vibrations

from cooking foods are spiritually absorbed. Plus meals prepared at home tend to be more nutritious and flavorful.

Additionally, if you travel, you can carry a hot plate with you and cook on the road, which is what some Jamaicans do while traveling or on tour. Not only does it taste better, but you don't eat from another's pot, so-to-speak. Nuff said!

Growing your own food is a great alternative to store-bought food. Purchasing the proper seeds (not genetically modified) to plant your own garden can prove more economical than expensive, organic supermarket shopping sprees. It might still be necessary to purchase vitamins at the health food stores or organic and natural markets, as times have changed and we are less likely to obtain all our required vitamins and nutrients from the food we eat. Your fish probably should also be purchased at those markets to ensure fresh, organic, wild-caught fish, even though it may cost a little more. Farm-raised fish are destroying our oceans with food coloring, growth hormones, mercury poisoning and other "cost-efficient" corporate farming methods. Seafoods caught or farmed in ways that are environmentally friendly are abalone (farmed), crab, halibut, lobster, salmon, striped bass and tuna. Seafoods to avoid are Chilean sea bass, imported King crab, Atlantic-farmed salmon and blue-finned tuna because they are overfished or caught or farmed in ways that harm the environment, such as huge multi-hooked nets that catch up anything that swims by.

As for what we drink: green teas, herbal teas and fresh-squeezed juices are generally the best, while nothing can beat filtered or bottled water for overall hydration. Do not drink regular milk – the dairy industry's growth hormones and antibiotics present in milk are not good for you or your family – look for organic 2% milk.

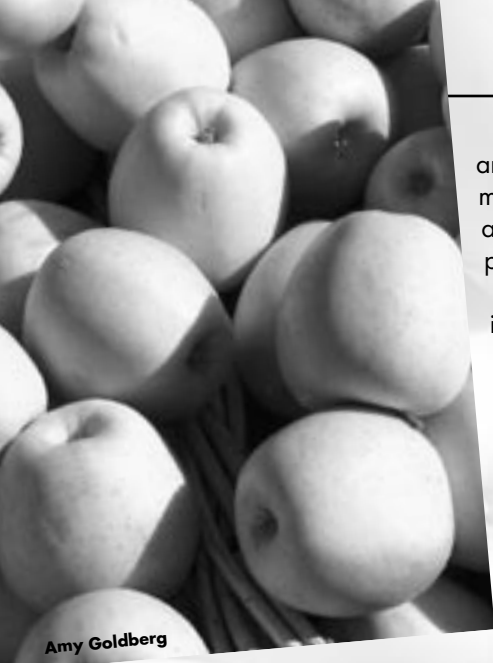
A great DVD/VHS documentary by award-winning filmmakers on this subject is *Peaceable Kingdom* by Tribe of Heart. Order this at www.TribeOfHeart.org. This is heart-wrenching to see and will make anyone that sees it a vegetarian forever – seen?

Lastly, along with nutritious eating you must be active and keep moving to maintain balance in your life.

Physical activity: Gives you more stamina and energy; reduces stress and improves sleep; helps reduce body fat



Amy Goldberg



Amy Goldberg

and keep it off; increases strength by building muscle; reduces risk of chronic disease such as heart disease and diabetes; lowers blood pressure; keeps bones healthy at all ages

Starting with 30 minutes a day of low impact exercising and working up to 60 minutes a day, will help you enjoy the full benefits of a healthy, Live-It lifestyle. ♡

Ras Danny was born in Trenchtown, Jamaica. He is a Rasta, a naturalist and loves Jah, music, gardening, ital cooking and life! He owns Reggae All Star Productions. His first CD, Bet You Didn't Know was recorded at Tuff Gong Studios, in Kingston. Look for his next CD – Back 'a Yard – on the Reggae All Star label.

Wendy Oliver is from San Luis Obispo, California where she owns Bali Isle Imports. She loves travel, reggae, textiles, Egyptian and Indian studies and shopping. You can find Wendy and Ras Danny at their booth at most of the California festivals. 805/544-7662 or www.baliisle.com or wendybalisle@yahoo.com



JUNK FOOD

By Mutabaruka

rememba de cold
suppa shop
dat u use fi stop at
u coulda eat

anythin

it was like u granny cookin
corn dumplin and ackee
from big fat mattie
stew peas and rice
use fi really taste nice
now a ice cream stand
teekin ova de lan

junk food fullin up de place
dis is annada disgrace
junk food fullin up de place
a now a good food a guh guh
to waste

u know dat sweet will
rot u teeth
but is only ice cream u a guh
get fi eat
jooks pon de corna a tek in
de scene
puffin up you belly wid ice cream
de scene get mean

junk food fullin up de place
dis is annada disgrace
junk food fullin up de place
a now a good ! food a guh guh
to waste

run u mus
but u belly might buss
gun shot clap
one a u fren drop
flex out time
flex out time
leavin u ice cream behin

junk food fullin up de place
dis is annada disgrace
junk food fullin up de place
a now good food a guh guh
to waste

folla fashion is de order of de day
cyaa get nuh food dat is wat dem
seh

miss mattie shop affi move
granny cooking out a groove
de disk jockey seh
announcin de openin of a
ice cream stan
in de parish of St. Ann
nex month is Westmoreland
an annada one in Clarendon
watch out Portland

strawberry ice cream
rasberry ice cream
dem a bury wi
u no si
ice cream ice cream
hot dog ice cream
livin de american dream ♡

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