



"Vegetarian" is Apache for Bad Hunter

The other day, my sister wanted to go to lunch at a place she and her daughter like. She said it is a new, healthy, organic, vegetarian place. I thought that sounded promising. We all like to eat healthy, most of the time, and I am up for trying something different.

She again mentioned it was vegetarian when we were pulling up to the place. Even then, I didn't give it much thought until I was about to order a stir-fry with "chicken" in it.

She said, "That's a soy chicken".

"Soy Chicken?!"

"Yeah... It's fake."

"I would imagine so."

That's when it finally sunk in that she really meant it was "Vegetarian".



Now... I am not one of those people who admonishes someone who wants to be a vegetarian due to a religious belief, or because, as a child, they had a pet calf named Norman that suddenly disappeared one day... the same day a new freezer was delivered to the house.

However, I do scratch my head trying to understand when someone tells me they are a vegetarian for health reasons. I just don't understand how someone can be healthy when they spend their life being hungry.

I decided to skip the "soy chicken" in favor of a spicy stir-fry of noodles and vegetables... I just couldn't get past the image of that scrawny chicken flopping around, trying to walk without bone support, pecking at the dirt with his little beak that keeps falling off.

I've written before about how I don't really get hungry very often. I notice I am hungry once the food is in front of me, but unless there is something to eat, it is really rare for me to have a hunger sensation. So, when the meal arrived – steaming hot and smelling good – I was instantly hungry. Only, something a bit different happened this time...

As soon as I took my first bite, my stomach started growling. I'm thinking to myself, wow, I am really hungry. It growled on my second mouthful, and third, and so on.

My stomach growled right through my meal. I finished everything on my plate, but was now starved. It was like I burned more calories chewing than the food had in it. As we left, I told my sister I was going to run by the Burger King drive-thru for a double cheeseburger, on the way home. I didn't actually do that, but when I got home, I did have a couple of sandwiches.

Seriously. I was that hungry.

So, I find myself wondering who can eat that way all the time? If I had to eat like that everyday, I would be constantly grazing, just like Norman. And if your entire day is consumed by the process of putting your head down eating, it makes it real easy for someone to slip up from behind and put a noose around your neck... again, just like Norman.

I do want to mention that the little restaurant's food was very fresh and tasty, so, I don't want anyone to think I didn't like the place. It is called something with "Mint" in the name; like, "Green Mint", or, "Fresh Mint", or, "Minty Fresh", or something like that.

It is in Scottsdale at the corner of Scottsdale Road and Thunderbird. I can recommend it, for what it is, but if I go back, I will take a tuna sandwich with me. That will help save one of those pathetic little, naked, soy chickens that's flopping around looking for his beak.

Finding Your Stubborn Place

I first wrote this blog post a year ago, in April. Sadly, one year later, the article is again appropriate as I find myself facing similar struggles to get my butt in gear with a consistent exercise routine. How else am I going to rediscover my six-pack while on the beach... other than, of course, screwing a 12-foot whip-antenna (topped with a flag) to the side of my ice chest full of frosty Becks or Sam Adams.

View at: <http://www.appliedhealth.com/post/finding-your-stubborn-place/>



It's About time

We spend Time. We bide Time. We waste Time and lose Time. There is a Time to weep, and a Time to laugh; a Time for talk, and a Time for song. And whether we like it or not... Time marches on.

View at: <http://www.appliedhealth.com/post/its-about-time/>



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