

“Yummy to the Tummy”
Arnold N. Kauffman

When we think of truth; when we think of what is real and what is not- that’s philosophy. So many thoughts and theories can be argued or challenged. For instance, there are so many different opinions out there on what food is good or bad for you. This was the subject of my pondering on a Friday afternoon. Sitting in the park with a temperature of 95 degrees. The humidity factor made it feel more like 100. There was a warm breeze and I sat there, listening to the nearby traffic, taking in the view of the man-made pond that was about 20 steps away from me. My thoughts were travelling a mile a minute, truly rockin’ and rollin’.

So, we take a deep breath. Clear my mind and begin sharing my secrets of longevity, superb health, and rejuvenation of the soul. The keywords are: yummy to the tummy. What the heck do these words have to do with disease? With cancer? Well, many, if not most, diseases stem from our dietary habits. As soon as you consume food, your body instantaneously determines whether or not it is in your best interest to eat it. It is in your best interest to eat foods that are alkaline in nature. These are foods that are rich in glucose, the body’s major fuel source. These are the foods that are yummy to the tummy. The foods that the body is designed to eat. The foods that the body can use, instead of being discarded as acid waste.

As soon as you cook food in any way, however, the ingredients in that food are destroyed and rendered useless by the body. The liver and kidney, which are the major detoxifiers of the body, will try to alkalize or neutralize the toxins so that the body does not become overwhelmed with acid waste. If the food that we eat is not yummy to the tummy, it is then considered an acid waste product, void of any nutrients. Our bodies will instantly determine the best options for eliminating the acid waste. It will either eliminate the waste through normal channels/ processes, or it will create a crisis. This is when disease, a direct symptom of body love, becomes apparent. To the unknowing mind, diseases are seen as an enemy of the body. This is not necessarily true. It is my opinion that diseases are a sign that the body is doing the best it can to deal with the acid waste that was placed upon it.

Our bodies heal not because of our medical or herbal treatments, but in spite of them. Our bodies predetermine how long an illness will last, where in the body it will present itself, and how severe it will be. Illnesses usually work in 3 or 7 day cycles. If the overload of acid waste cannot be contained, death may occur.

So, I reflect on the words “yummy to the tummy.” I think of truth. I think of lies. I think of love, which is the basis of absolutely everything. I focus on fruit as my major source of calories on a daily basis. I do eat cooked food once in a while, as a comfort, but keep it to a

minimum. Every moment is a moment of love. Every moment is a moment of growth and learning. Thanks to all.