

March 2024

AI's Corner

Everything you've always wanted to know



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



THE FIRST WEALTH IS HEALTH; FIBROMYALGIA part 1

Your body hurts all over. You're sick and tired of it. You can't get decent sleep. You decide to go into the doctor and get checked out. They run every test under the sun, and can't find anything really wrong with you and finally give you their diagnosis of "fibromyalgia." "I have fibromyalgia!!" The doctor prescribes a pain pill and sends you on your way. But, your body develops a tolerance to the pain pill, and you're right back where you started. Sound familiar to anyone? Fibromyalgia is a symptom, not a disease. It literally translates into "muscle pain." But, nobody ever stops and asks what causes muscle pain.

Muscle pain is caused by swelling, from an injury or other cause. If you get a bruise, it hurts to touch it. The black and blue you see is actually broken blood vessels in the skin. However, the tenderness is coming from the muscle that has been hurt, and is now swelling. Next, we must ask what causes muscle swelling when there is no injury. There are two answers for that. 1) A food sensitivity, and 2) an acidic body, or more likely a combination of both of these. How do you know what food you are sensitive to? You don't. But, does a year not have 12 months? That means you have the possibility of running 12, one month long experiments, removing components from your diet, and seeing how you feel.

It's true that you can be allergic to anything (I watched this show where a woman was allergic to WATER and couldn't even bathe); and you could even be allergic to the metal fillings in your teeth, but, one must always go with the odds of probability to find success sooner. The big 8 allergens are what you concern yourself with. Those 8 are: Gluten, Soy, Milk, Eggs, Peanuts, Tree nuts, Fish, and Shellfish. Have you ever noticed that 40 years ago, nobody was allergic to bread, then all of a sudden, a food that humans have been eating for 5000 years is a major allergen.....Why? About 30 years ago, scientists started tinkering with plants and creating hybrids and Genetically Modified Organisms (G.M.O.'s) Hey, if we splice this gene in, the plant is resistant to drought. If we splice that gene in, the plant is resistant to insects. So on and on it went, even adding ANIMAL DNA into the plants, not wondering what some possible side effects and reactions there could be. You wanna know why people are allergic to gluten now? It's because the "wheat" plant is now literally an ALIEN ORGANISM, as in not originating naturally on our planet. FRANKENGRAIN Our bodies just don't know what to do with it. You can have an allergic reaction, from mild, all the way up to celiac's disease, or you might just store it as fat, and that will make you gain weight, again..... because your body literally doesn't know what to do with what is in your digestive system.

One by one, you remove the big 8 from your diet in one month trials. Removing gluten from your diet is a lot harder to to than you think. I've seen people stop eating bread and then announce that they are "gluten free." Not even close sister. So, please, heed my advice, and for one month, specifically buy food that has "gluten free" right on the packaging. WAY more things contain this pesky protein than you realize right now. However, we'll dive deeper into this mystery in the next AI's Corner. Y'all are going to be pretty dang healthy by the time I get done with you (and you listen!) Till next time.