

October, 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...**



Welcome to a new season!

I'm sure you all lost a little sleep waiting for the next installment of Al's Corner (as you should). So, you can now sleep like a baby, because it has arrived! I'm thinking of doing more things on health, as I've got a plethora of information locked in my head. I've been miserable most of my life and was dying just a little over a year ago, and found healing and relief from my various physical foibles, and I would like to tell you what I've learned and experienced so you may get some relief and some health. Without health, life is miserable. People keep hanging on in abject misery, and I think it's because they fear death more than they love life. I just think you should feel relatively good until the point that whatever is going to take you out, takes you out. There are many things (most I think, but not all) that can be fixed with the right tools and the right information. Most of health is what you put in your body, and what you do TO your body. The human body can withstand a great number of toxins, and wears and tears. However, once you reach the point of starting to feel the effects of years of damage, it's probably too late. (E.G. you start coughing incessantly after 30 years of smoking.) The trick then, is to avoid smoking altogether, and not wait for the cough. So, we will do our best to keep healthy and focus on preventive maintenance. Who knows, I might throw a curve ball in the Corner, to keep things interesting. See you next month!