

# Theological Geography



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Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?



A: Heart only good for so many beats, then, that it. Don't waste on exercise. Everything wear out eventually. Speed up heart not make live longer; that like say can extend life of car by drive faster. Want live longer? Take nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What do cow eat? Hay and corn. What are these? Vegetables. So, steak nothing more than efficient mechanism of delivering vegetables to

system. . Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop can give 100% recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, NO! , . . not at all. Wine made from fruit. Brandy is distilled wine. That means they take water out of fruity bit; get even more of goodness that way. Beer also made out of grain. . Bottoms up!

Q: How can I calculate my body/fat ratio?

A: If you have body and you have fat, ratio is one to one. If you have two bodies, ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Cannot think of single one, sorry. My philosophy: No Pain. . . Good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! ! ! Foods fried in vegetable oil. How getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only do sit-ups if want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy? HEWWO! Cocoa beans! Vegetable! ! ! Cocoa beans best feel-good food round!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is shape!

Comments



Well, I hope this has cleared up any misconceptions you may have had about food and diet. AND. . . . .

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies:

1. The Japanese eat very little fat  
And suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat  
And suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine  
And suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine  
And suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats  
And suffer fewer heart attacks than Americans.

#### CONCLUSION

Eat and drink what you like. Speaking English is apparently what kills you.

Comments





