



# CREATION EXPLAINED

1. In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

2. Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy CremeDonuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

3. And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

4. So God said, "Try my fresh green salad." And Satan presented Thousand Island dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

5. God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep-fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof. God then created a light, fluffy white cake, named it "Angel Food Cake" and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

6. God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained more pounds.

7. Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep fried them. And Man gained more pounds.

8. God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheese-burger. Then he said, "You want fries with that?" And Man replied, "Yes! And super-size them!" And Satan said, "It is good." And Man went into cardiac arrest.

9. God sighed and created quadruple bypass surgery.

10. Then Satan created cuts to the health care system. Amen.

HOW THINGS CHANGE WITH AGE	
1966	2021
Longhair	Longing for hair
KEG	EKG
Acid rock	Acid reflux
Moving to California because it's cool	Moving to Florida because it's warm
Trying to look like Marlon Brando or Liz Taylor	Trying NOT to look like Marlon Brando or Liz Taylor
Seeds and stems	Roughage
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney stones
Screw the system	Upgrade the system
Disco	Costco
Parents begging you to get your hair cut	Children begging you to get their heads shaved
Passing the driver's test	Passing the vision test
Whatever	Depends

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## The Dangers of Bread!

- More than 98 percent of convicted felons are bread users.
- Fully HALF of all children who grow up in bread-consuming households score below average on standardized tests.
- In the 18th century, when virtually all bread was baked in the home, the average life expectancy was less than 50 years; infant mortality rates were unacceptably high; many women died in childbirth; and diseases such as typhoid, yellow fever, and influenza ravaged whole nations.
- Every piece of bread you eat brings you nearer to death.
- Bread is associated with all the major diseases of the body. For example, nearly all sick people have eaten bread. The effects are obviously cumulative:
  - 99.9% of all people who die from cancer have eaten bread.
  - 99.7% of the people involved in air and auto accidents ate bread within 6 months preceding the accident.
  - 93.1% of juvenile delinquents came from homes where bread is served frequently.
- Evidence points to the long-term effects of bread eating: Of all the people born since 1839 who later dined on bread, there has been a 100% mortality rate.
- Bread is made from a substance called "dough." It has been proven that as little as a teaspoon of dough can be used to suffocate a lab rat. The average American eats more bread than that in one day!
- Primitive tribal societies that have no bread exhibit a low incidence of cancer, Alzheimer's, Parkinson's disease, and osteoporosis.
- Bread has been proven to be addictive. Subjects deprived of bread and given only water to eat begged for bread after as little as two days.
- Bread is often a "gateway" food item, leading the user to "harder" items such as butter, jelly, peanut butter, and even cold cuts.
- Bread has been proven to absorb water. Since the human body is more than 80 percent water, it follows that eating bread could lead to your body being taken over by this absorptive food product, turning you into a soggy, gooey bread-pudding person.
- Newborn babies can choke on bread.
- Bread is baked at temperatures as high as 400 degrees Fahrenheit! That kind of heat can kill an adult in less than one minute.
- Most bread eaters are utterly unable to distinguish between significant scientific fact and meaningless statistical babbling.



In light of these frightening statistics, we propose the following bread restrictions:

- No sale of bread to minors.
- A nationwide "Just Say No To Toast" campaign, complete with celebrity TV spots and bumper stickers.
- A 300 percent federal tax on all bread to pay for all the societal ills we might associate with bread.
- No animal or human images, nor any primary colors (which may appeal to children) may be used to promote bread usage.
- The establishment of "Bread-free" zones around schools.



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