

Obesity

IN 2010, THE World Health Organization (WHO) revealed that 1.9 billion people worldwide are overweight, which has increased by 25 percent since 2002. We have become too sedentary especially since the 2020 Pandemic rocked the world, of which increases the risk of overall mortality. Our children's lives are at stake. Many sit behind closed doors playing video games and watching television. Parents feel overwhelmed by all the things they have to do in a days time and are content that their children are just being quiet enough for them to get other things done while they remain preoccupied.

As I write I am ashamed to reveal my prior judgments after I had moved to North Carolina in 1997. I remember thinking two things; judgmental as they were; about the state of the people and the food served in southern US local restaurants. Far too many people were overweight, especially the children, and the restaurants at that time offered mostly fast and southern fried foods. It was difficult to find a restaurant that served vegetables and those that did were loaded with salt. I thought I was going to starve. Things have changed a bit since then and we do see more restaurants that offered vegetables, but there is still an issue with obesity. Times haven't changed much since 1997. Due to the financial state of many, people are still gravitating to what is the cheapest thing to put in their mouths. You can't fault them for that, but we can point our fingers toward those that are responsible. Us! That's right! We are to blame. We are not demanding better foods. We are not taking responsibility for our family's common health and welfare. It does take time to grow food, then to can what we harvested for non-growing season use, and yet more energy and knowledge to dry the seeds for the next growing season. If we were only able to eat what we grew, we would eat far less and be much healthier.

The serious issue at present is that resources are being withheld or doled out to us as big industry and our government decide. If all other systems in the world failed, we would have to grow our food or perish.

For those not living their own sacred life while also respecting others, may instead choose to steal the food and belongings of others when confronted with catastrophe. You may have seen shows like, Domsday Prep'ers where families will defend themselves and their food in times of crisis. If we truly honor those that chose not to be lazy and respected that they did what was necessary to provide for their family, we would also accept the life we created for ourselves. Don't wait for the world to burn before you prepare for coming disasters and change. Act now to alleviate such worries for the future, for yourselves, your families, and your community. By working together in community we make use of the earth and its resources for the good of all. We would not have to steal from others.

Great Spirit is giving us time to change. It's time to come into alignment with this way of thinking. Sacred action and intentional living should now be our main focus. It is *that* time.