

Want to be Average?

The Average American...

- Watches 4 hours of TV per day (that's 36.5 full-time work weeks) and sees 30,000 television commercials per year!
- Body contains residues of at least 13 different pesticides and weed killers.
- Gains 7-10 pounds over the holidays!
- Consumes 2000 Calories per day including 20 teaspoons of sugars!
- Eats in a year...
 - 30 pounds of cheese
 - 15 pounds of full fat ice cream
 - 7 pounds of low fat ice cream
 - 135 pounds of white & whole wheat breads, cereals, pancakes, cakes & cookies
 - 19 pounds of rice
 - 11 pounds of pasta
 - 28 pounds of corn flower, starch & grits
 - 78 pounds of added fats & oils due to food processing!
 - 35 pounds of cooking oils
 - 35 pounds of butter & margarine
 - 152 pounds of ADDED SUGAR!
 - 111 pounds of red meat
 - 83 pounds of poultry & seafood
 - 276 pounds of fruits & vegetables - up only 10% over 1970!
 - 16 gallons of whole & 2% milk - down from 28 gallons in 1970
 - 55 gallons of soda! (That's 587 cans)!!!
 - 27 gallons of coffee
 - 28 gallons of beer
 - 9 gallons of fruit juice
 - 60 hot dogs
 - 16 pounds of chocolate
- Dies of heart disease, cancer, or the medical system (#1, 2, & 3 killers)!
- Is overweight or obese (60% of the population)!
- Takes 4 medications per day by the time they reach 65!
- Male dies at 72.5 years old, females at 78.9. (Compared to 75.2 and 81.2 in Canada, and 77.6 and 88.4 in Japan) – hint they take fewer drugs than we do!

The point of this compilation of facts is to teach you that if you want to live a life like everyone else, and die like everyone else, just do what they do. Medical research and the Bible both agree that we should live to have 80-120 healthy years! The Average American plan is a recipe for an early demise. Look at your life compared to the average. Maybe it is time to make a few changes. Eat right (try an organic vegetable once in a while), stop watching TV, get adjusted, and think about how God gave the body an ability to heal itself (if we don't destroy it first) before reaching for a drug.