

foods that the program deemed worthy.

Pat Cannon lost more than 50 pounds during the program. He reckons he still has about 8 more to go, but he is so thrilled with his results so far that he is practically jumping out of his skin.

"I'm 47 and I haven't been this weight for years," he said.

He now bakes his own bread and roasts his own almonds.

He has four children - 20, 15, 13, and 7 years old.

Even though it is harder to change their habits, he said, they gradually are learning to eat differently.

Mr. Cannon now makes fresh peanut butter with his 7-year-old.

While the new foods are exciting, the part of the program that continues to amaze Mr. Cannon is his weight loss.

Mr. Cannon was speaking to another man the other day when he received one of his finest offhand compliments yet.

"He said, 'I was skinny as a rail like you once,'" Mr. Cannon recalls proudly.

In this age of refined sugars and a fast-food restaurant on nearly every corner, it is no surprise that books are being written about the Fast Food Nation and The Omnivore's Dilemma, but it is equally not surprising that many people are advocating a "back-to-basics" ethos.

The fair had local vendors on hand to answer questions, including Mr. Olson and Jim and Jodel Richards of Pioneer Food Resources.

Mr. Richards was a participant in the Healthy Toledo program and understands that one of the hardest things about it is finding the correct foods.

Both Phoenix Earth Food Co-Op and Pioneer Food Resources helped the participants in the program find the food they needed.

Mr. Richards also emphasized the importance of knowing where food comes from.

The Healthy Toledo program is being run through the Cathedral of Praise by Pastor Tony Scott and Jordan Rubin, author of the best-selling book, The Maker's Diet."

They're hoping to start a health revolution, beginning in the Toledo area.

Mr. Rubin designed the three-phase program and a system of supplements that are supposed to aid the metabolism and ensure that the body receives all the nutrients that it needs.

While the religious aspect of the program appealed to many participants, some cite simpler reasons for sticking with

the regimen.

"I had already made the decision that I was too fat," said Ed Metzker, who has shed upward of 30 pounds through the program.

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