

PermaSmile and Health Changes

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The Way of the Most High

“Exalting belief in our Father, the Most High **יְהוָה** (YaHUAH), through His Turah, the 5 scrolls of M'shih (Moses).”

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Early on this week for some strange reason I woke up and the first thought that came to my mind was that I should smile all day every day. Go ahead and laugh. You are smiling now? Great. You are releasing positive endorphins into your body. Also your face is using less muscles than a serious, straight or sad face. So yeah, I started doing it. All week I have had this smile on my face and I have found it to be very difficult to be angry or sad as a result. Quite funny. And when I have it on, I say "Life is great, life is wonderful, YaH is great." I dare you to try doing this. What I noticed was that people started talking to me more and going out of their way to do things for me or say things to me. Kind of interesting. I was at the health food store today and bought flax seed oil, coconut oil, theanine, vitamin B complex (in vegetarian non-GMO capsules), Vitamin D complex and milk thistle. Maybe some of you know what all that stuff is. The only one that might throw some of you off is theanine. Basically it is a plant-based joybomb pill that you take and you feel great. Well I don't know if it was the flax seed oil today, the coconut oil in my homemade fruit smoothie, vitamin B or vitamin D or placing my feet on the forest ground with my children this afternoon, but I feel quite high. In fact, it is hard to imagine I could possibly feel this way every day. It is so easy to make a huge batch of fruit smoothie and freeze it in containers and simply pop a couple out a day ahead and you have instant meals that place you on a high! It isn't a joke, that meme about how a person's fridge should look with all vegetables and fruits and the jars of fruit smoothie on the top shelf. Maybe you have seen it, maybe not. But it is serious. YaH be with you all and may you make changes to eat and live more naturally and your body will say thanks and that will be a joy to you. Today my children decided what ingredients they wanted to use to make their fruit/meal drink. They picked cucumber, avocado, pineapple, wheat grass (which grows in my window) and pears. We blended it all up and it was great.

Keep smilin!
Sh'loom for now.