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| Scott Peters: | One of the things that people say about eating healthy is that it costs too much money, and some of that stuff's not readily available. You mention the grass-fed beef and chicken, things like that. What do you say to that when you can go to McDonalds and get a whole meal for a bunch of people for five, six, seven dollars. |
| Dr. PatrickQuillin: | Very good point. This is where we're having a growing chasm between the haves and the have nots. The first chasm came out of the 1980s with computers. If you're family had computers they're more likely that your children will be successful in school, and college, and get a good job. You don't want to have a computer, you're on the other side of the Grand Canyon. You're in deep trouble. |
|  | Now we're having the same thing with food. There are areas of the country where grocery stores have withdrawn. Even if you read about fruits and vegetables in my books and said, "Well I better eat more of that." There's not a grocery store within walking or maybe even driving distance to get fruit vegetables. That is a clear problem. The business of is it more expensive, no. If you're shopping in your standard big city grocery store, eating wholesome foods that I'm talking about will save the average family of four about $1,500 a year. Which is enough to take them to a decent summer vacation. |
|  | Not only that, but what you'll find is everybody's worried about who's going to pay my health insurance premium. What if you didn't need one? What if your body repaired itself? What if you a good diet so that you could live a long and fruitful life, and at age 82 after a wonderful family reunion you died in your sleep, and you didn't need all this expensive, invasive, controlling, disabling healthcare? That's where a wholefood diet is cheaper. |