



January 19, 2011 – Grand Rapids, MI

## No Shortcuts

I like to cook. I also like to work ahead so that completing a meal is just combining the ingredients. For example, I sauté onion and cook and drain ground beef for soups and pasta dishes. Last week, I combined a marinara sauce, ground beef, and sautéed mushrooms, warmed them up, and had them over pasta. It tasted like you threw ground beef on top of the sauce. The flavors didn't blend because the ingredients didn't really cook together. By taking a shortcut, I shorted myself on flavor. After we stored the extra sauce in the fridge and warmed it up another day, the flavors had meshed and I got the flavor I wanted.

That's what we try to do sometimes when we are working on our health. The latest diet fad seems great because you can lose so much weight so fast. We take supplements to improve our health, but we don't take a high enough amount to do our bodies any good or we don't take them regularly.

If we're going to get healthy and fit, there are no shortcuts. But if you're consistent in your effort day in and day out, you'll get to your health goal. That sure beats starting over and over again, doesn't it?

What are you prepared to do today?

*Dr. Chet*

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