

Eat Healthy . . . Most of the Time!

Drew Williams, who wrote our “Most Unforgettable” this issue, has just come out with a book that, in light of the increasing worldwide food crisis, seems quite timely. *Eat Healthy . . . Most of the Time!* (114 pages, Open Water, Inc., \$9.95) is a curious amalgamation of disciplines. It stresses the importance of exercise in our lives both for fitness and for health because exercise burns off excess calories and can positively affect our approach to life in general. The book also weaves food together with the Bible, using biblical verses to interpret our approach to food and eating while also using them as jumping-off points for further discussion of our relationship to what we eat. It's a curious little book that presents an interesting approach. The message in its title is one that fitness guru Jack LaLanne has been preaching for decades: “If you eat a healthy diet 90 percent of the time, you can fudge it the other 10 percent and still come out ahead.” —*Rich Benyo*