

Translation of Article in the Canarias 7, Las Palmas, Spain on Saturday the 17th of July 1.993.

PRAYING BEFORE EATING HELPS TO LOOSE WEIGHT.

To pray before the meals, and to chew slowly, without hurry, and peaceful thinking, helps to loose weight, according to the Italian Professor Giambattista Cavassini, who has experimented with a plan that allows you to loose 6 Kilos in a month. You can eat everything, pasta, sausages, fried tomatoes, ham, and the important thing is to remember that the moment of eating has a mystic and religious meaning, and if you pray and you eat peacefully, the loss of weight is almost imminent. Cavassini is the director of the Centre of Physio pathology in the Nutrition Hospital of Molinella in Bologna, in the north of Italy, where with his method he has helped twenty thousand people until today to loose weight.

To achieve a body to show off at the beach, it is recommended that the person eating should concentrate on the food. If he is a religious person better still: "pray before starting to chew and afterwards enjoy that religious and mystic moment that is the time dedicated to eating". Cavassini states that the quick sandwich, eaten in two minutes, can cause great disorders to organism, which can be even more harmful if watching television at the same time. For the non-religious, the expert recommends that you take as much time as possible to eat. He reminds that a brick-layer who wanted to loose weight asked him what he should do, and he replied: "put a good table-cloth over two bricks, invite another person to eat, chew well and enjoy the food". And he lost weight.

Note from the translator: With today's environment and the chemical feed to the animals, the meat may not be healthy and may cause more harm than good. Therefore vegetarian food is the best, with more of salads, raw, ripe and freshly cut fruits and vegetables, and sprouted grains, not forgetting the prayer procedure mentioned above.

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