# Letters to the Editor

June 1, 2007

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**More “Phat,” Less “Fat”**

I enjoyed your articles “He Ain’t Heavy,” about Al Sharpton’s weight loss, and “Phat or Fat?” in the spring 2007 issue. I struggled with my weight for years, and like many people, I told myself that my rolls of fat were sexy curves. Deep down, I knew I had to stop fooling myself; I was unhealthy. I went vegan several years ago to lose weight and improve my health, and because I thought the animal abuse on factory farms was wrong. It was the best move I ever made. I lost weight and gained energy. I enjoy a variety of fruits, vegetables, soy foods, beans and grains, and I hardly ever crave fatty foods. Now I really do have sexy curves— and if I can do it, anyone can!

**-Jessica Kirkner**
**Norfolk, VA**

**A Wealth of Health**

Thanks for publishing “Sugar-Free Zone” in your spring issue. My parents are subscribers to Real Health, and it was a pleasant surprise to discover that the story was written by one of my favorite bloggers, Rod McCullom, from Rod 2.0. Even more important was that we could enjoy talking about the issue as a family. Many years ago, both of my parents lost weight, began exercising and cut out many of the sugars and fats in their diet, which had been heavily influenced by soul food. Yvonne Sanders-Butler is right—eating healthy doesn’t necessarily mean going to Whole Foods and tripling your grocery budget. My parents are very health conscious and far from wealthy—and also do not have the high blood pressure and diabetes shared by many of their siblings.

**-David Landau**
**New York City**

**Food for the Soul**

I would like to commend you on the Winter 2006 edition of Real Health. I especially enjoyed “Holiday Super Food Feast.” We started a health initiative in our church to try to change the mind-set that God is only concerned about our souls and our spirits. Our initiative does offer a biblical component, but it also gives alternatives for a healthy diet. Your article just reinforced the idea that we can enjoy and celebrate with food in a healthy way, thus producing God-glorifying, healthy and longer lives.

**-Carol Hart**
**New York City**

**Road to Recovery**

I was very impressed with the spring issue of Real Health. Reverend Al Sharpton looks great. A “personal tragedy” can often spark one to live right. I was diagnosed in 1991 with HIV, with a T-

cell count of 130 and a drug habit. I didn’t see any reason to live. Today, at 53 years old and almost 13 years sober, I’m in better shape than I was before being infected. I am a certified fitness instructor, HIV educator and drug counselor, and I work with others in recovery to implement fitness in their treatment plan. A healthy state of mind often means a healthy body. Keep up the good work.

**-Walter Morrison**
Jacksonville, FL

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