

3-14-16 Super-sized living

In an effort to show her patients the danger of a fast-food diet, chiropractor Jennifer Lovdahl performed an experiment: She put a “happy meal” in a cabinet and left it untouched for six years.

The result? The chicken nuggets and fries looked exactly the same as the day they were purchased.

Lovdahl hopes that the results will encourage people to eat “real fast foods” like bananas, apples, and nuts instead of foods infused with chemicals.

And though it might not be quite so obvious, our spirits and hearts need nourishment as well. Seems to me that our quest is for more than a kid’s-meal-life, but the substance found in life-giving relationships from God and others.

Just a thought. I’m Sid Batts with First Presbyterian Church in downtown Greensboro, on Elm Street overlooking Fisher Park, fpcgreensboro.org.