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## **Fit4Ever: The Pesticide Trap**

When it comes to food, I'm amazed at how many times I'll think I'll be eating the right thing, only to find out I'm wrong. Eggs are bad—no, eggs are good. Butter is bad—no, butter is better. Fat is bad—no, the right fats are good. And on and on it goes. Sometimes we can get by with this and not suffer any major consequences, but often not getting it right can have serious side-effects.

### **Bible Reference:**

James 4



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