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## **Fit 4 Ever: The High Price of Cheap Food**

Can the food we eat actually make us sick? According to an article in TIME magazine, we may be paying a steep price for the cheap quality of food we eat.

Typically I don't consult newsstands for good science, but this article had a lot of truth in it. The topic centered on how the American food system is bad for our bodies, bad for the environment and bad for our economy.

### **Bible Reference:**

Luke 14



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