

# CREATION

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In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts,  
Satan created Ben and Jerry's  
Ice Cream and Krispy Creme  
Donuts. And Satan said, "You  
want chocolate with that?"  
And Man said, "Yes!" and  
Woman said, "and as long as  
you're at it, add some  
sprinkles." And they gained  
10 pounds. And Satan smiled.

And God created the  
healthful yogurt that  
Woman might keep the  
figure that Man found so  
fair. And Satan brought  
forth white flour from the  
wheat, and sugar from the  
cane and combined them.  
And Woman went from  
size 6 to size 14.

So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side.

And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof. God then created a light, fluffy white cake, named it "Angel Food Cake," and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

Then God brought forth the potato,  
naturally low in fat and brimming  
with nutrition. And Satan peeled off  
the healthful skin and sliced the  
starchy center into chips and deep-  
fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super size them!" And Satan said, "It is good." And Man went into cardiac arrest.

God sighed and created  
quadruple bypass surgery.

Then Satan created HMOs