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**LIA Lifestyle Instruction Aid**

**A 22. The Pain Relief Diet Soliloquy**

**THE PAIN RELIEF DIET SOLILOQUY**

To eat or not to eat, that is the question.  
Whether tis nobler in the mind to suffer the  
slings and arrows of outrageous foods  
or to take arms against a sea of troubled  
nutrients and by opposing, end them.

Aye, there's the rub, for in that end what  
suffering may come, boggles the mind.  
Are we to deny ourselves true pleasures that  
industry has programmed us to or indulge and  
suffer the pangs of despised pain?

To end it, or not to end it? For in that end  
a death doth come and the thousand natural  
shocks that flesh is heir to,  
slip away into an oblivious sea of nature's  
gene pool calling. The pervasive fog of  
plugged up plumbing burns away and a  
beckoning back to a time immemorial whispers  
a lullaby of sweet content.

Victor Jean Ouellette