

## **The Day Mark Got It**

I remember the day when Mark finally got it. He wasn't so depressed that he couldn't function. In fact he functioned rather well. I had tested that he was sensitive to some of his foods and in his first fervor doing QT he had eliminated them from his diet. He then discovered a level of health and good feeling that he had never experienced before and was quite pleased. But then he backslid on these foods and lost treatments and reverted back to his baseline feelings. But that was no longer acceptable to him because he had a taste of feeling really good. After three cycles of this he said, "I get it. If I eat foods that are toxic for me I lose my treatments and I feel lousy."