**Striving for a zombie-free 2021**

The word ‘zombie’ has been floating around in my head for a few weeks. Maybe because it’s how I’ve been feeling about so many things this past year. Maybe it’s because I’m ready for bed at midnight only to discover that it’s only 6 pm. Maybe because I ran into a couple I haven’t seen since the pandemic began. I saw them at the grocery store over the holidays, walking around like true zombies; hair a mess, eyes sad, walking without energy, not engaging in their surroundings. They didn’t recognize me even after I said hello. It struck me odd and I realized it was more than the disassociation due to mask wearing and time. They were struggling.  
  
I am still terrified as to what we’re going to find, when the fear subsides, and people return to life again. I am still completely flabbergasted at how many people still remain so scared and locked away from their lives, to the point of destroying their own health, happiness and wellbeing. I don’t understand the fear when we’ve come so far in the last months in protecting ourselves and our loved ones, there are ample pharmaceuticals, care mechanisms, disinfecting strategies. Life is too short to give up on ourselves.  
  
I don’t understand the continued fear, but I do understand zombies.  
  
Definition: A zombie is a fictional undead corporeal revenant created through the reanimation of a corpse. The term comes from Haitian folklore, in which a zombie is a dead body reanimated through various methods, most commonly magic.  
  
Here’s the best part of this week’s article. “How to become a zombie in ten easy steps” as discussed online in an article on the Natural Health News and Discoveries website.  
  
1) Drink fluoridated water. High doses of neurotoxin ‘fluoride’ is linked to heart disease, Alzheimer’s, weakened bones and lower IQ scores. Although its safe for dental health in low doses, too many people believe it is good for them. A good way to start your trip to zombie land.  
  
2) Eat plenty of junk food. Junk food is linked to numerous chronic diseases. The list is too long to share here, but just about everything bad. Junk food is full of additives that makes you fat, happy and addicted. “Zombie-hood!”  
  
3) Television. It’s not the television itself, it’s the amount of watching and what is being watched. What you watch influences your view of the world. Within all mainstream media, producers make you believe what they want you to believe and they are excellent at spreading fear. Too much television takes away from important relationships, causes you to spend too much money, and robs you of valuable mental energy.  
  
4) Filling your life with stuff. Often the result of watching too much television and being convinced that we need more, newer and better. Stuff also interferes with relationships, economic security, and personal goals.  
  
5) Don’t ask. Do you believe everything you hear and read on social media? Everything mainstream news tells you? Zombies don’t ask questions; they mindlessly follow the herd.  
  
6) Skip the gym. Zombies don’t care about mind and body. There’s no worry about getting fat and not being able to keep up with the living. Only the living care about exercising.  
  
7) Stay inside. In truth, zombies don’t like the sun. The benefits of vitamin D go wasted on those who sit around stuffing their faces, binge watching and not keeping up with the living.  
  
8) Forget books. Don’t waste valuable time expanding your mind. It’s easier to be a zombie.  
  
9) Love those GMOs. What more could a zombie want than foods that poison and deaden their bodies. Feel free to eat as many as you want.  
  
10) Chug those sodas. A zombie’s favorite drink, high fructose corn syrup filled soda. You can’t really be a zombie without chugging plenty of sodas, which put you on the fast track to diabetes, obesity and heart disease.  
  
So, if you are not interested in continuing to live like a 2020 zombie and you want to start living again, then avoid those ten-steps. Eat wholesome foods, get more exercise, spend time in the sun and ask questions. Striving for a zombie-free 2021!