



A Touch of Humour

Let's lighten up a little

Laughter is good medicine

63 AND PREGNANT

A woman went to the GP's group, where she was seen by a young, new doctor.

After about 3 minutes in the examination room, the doctor told her she was pregnant. She burst out of the room and ran down the corridor screaming.

An older doctor stopped her and asked what the problem was. After listening to her story, he calmed her down and sat her in another room. Then the doctor marched down the hallway to the first doctor's room.

"What's the hell's wrong with you?" he demanded.

"This woman is 63 years old, she has two grown children and several grandchildren, and you told her she was pregnant?!!!"

The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?"

FINALLY... a doctor who tells it like it 'should be'!!!!

Love this DOCTOR!!!!



HEALTH QUESTION & ANSWER SESSION

Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

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Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: You're not listening....Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable. It's the best feel-good food around!!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape! !

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other body thoroughly used up, totally worn out and screaming, ***"WOO HOO, What a Ride!"***"



TALKING DOG FOR SALE

A guy is driving around the back woods of Tennessee and he sees a sign in front of a broken down shanty-style house: "Talking Dog For Sale."

He rings the bell and the owner appears and tells him the dog is in the back yard. The guy goes into the back yard and sees a nice looking Labrador retriever sitting there. "You talk?" he asks."



Yep," the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says "So, what's your story?" The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the CIA. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders; because no one figured a dog would be eaves- dropping. I was one of their most valuable spies for eight years running."

"But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down .I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in." I uncovered some incredible dealings and was awarded a batch of medals. I got married, had a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog. "Ten dollars," the guy says "Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?"

"Because he's a liar. He never did any of that stuff."
