

Later that same day, I was called to assist the Pathologist in the Morgue for an autopsy. I carefully moved the body and prepared it for examination. When I removed the sheet covering the body, I saw it was my friend from Intensive Care. At least it was the body of my friend. Without the jokes, the laughs, the smile, it was just a body, a body that no longer functioned. I knew what had made this person special was not lying there on the cold examination table.

I thought about my friend quite a bit over the following weeks. It bothered me why the body no longer seemed a part of the person I had known. It finally hit me why this occurred. What was missing was ...an energy, ...a light, ...a soul, ...a Spark. The Spark that really was that person. An individual. Hopes. Dreams. Stories of a life lived, a family loved. The Spark that truly is life.

I guess it's strange that a young person can learn a life lesson in a morgue. I learned in that unlikely setting what makes a life. A lot of living that needs a little Spark. That's what makes a load of flesh, bones, organs and blood into you.

Your Spark is special.

It is important to keep it burning brightly for as long as possible. But your Spark needs help to continue to burn. It can **dim** long before it ever goes out. Long, stressful hours at work. Forgetting to eat healthy foods. Eating foods loaded with heart-clogging saturated fats. Forgetting you are a physical being, designed to walk, play, move. It can all **dim** your spark much too soon.

You may think it's not worth the effort.

I assure you one thing...YOU ARE!

You may believe you shouldn't put time into yourself.

I know for a fact...YOU MUST!

You may feel it's too late to make a difference in how you look and feel.

As long as you have that Spark of Life...IT'S EXACTLY THE RIGHT TIME!

As long as that Spark is still in your body, your body is worth the best care you can give it. Always remember, as long as your body has a pulse, it has beauty. You must feel that. You must believe your body is special. It's got

YOU in it! You have to start looking at your body as the wonderful organism it is. So help it out. Help your body maintain it's abilities.

Start now, today. Avoid saturated fats like the disaster to your health they are. Read product labels. Visit restaurant websites to discover healthy choices before you go to lunch or dinner. Make the effort.

Your Spark is definitely worth it.

Make sure you take care of you today