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THE STORY BEHIND THE STORY

From Gary Heavin's book "Permanent Results Without Permanent Dieting"

People often ask me how, as a man, I became so committed to improving the quality of women's lives. It was at age forty that I realized myself.

One awful morning over thirty years ago, I was awakened by the passing school bus.

At age thirteen, my younger brothers and I were at home with our mother, Doris Joy Heavin. She had just passed her fortieth birthday. She was a committed mother of five children and had wrestled with emotional and physical problems most of her life. Her doctors had placed her on an array of medications with little benefit.

My younger brother Paul came into our room and told me that I'd better come because mother was sick. As I knelt beside her bed, I could feel the absence of warmth. I put my arms around her, first to feel for a sign of life, and then as a final embrace.

I took my younger brothers, ages eight and nine, in my arms and gently told them that our mother was in heaven.

Her premature death was unnecessary. The high blood pressure that contributed to the blood clot that took her life was unnecessary. Rather than medicate the symptoms, she could have dealt with the cause of her high blood pressure. We now know that exercise and proper nutrition will almost always alleviate the causes of hypertension and most other chronic diseases.

I finally understood the passion of my life as I stood before a group of a hundred women and realized I was subconsciously scanning the crowd for a glimpse of my mother.

It is my desire that no little boy has to find his mother as I found mine.

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