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# Dear Editor,

**Dear Editor,**

This past week's paper you did a poll on Fruity/Cocoa Pebbles, and a lot of people including myself think either you guys made it up or the people who voted are deranged. So, we are looking for answers. You think you can show me the poll results? No way people be voting Cocoa over Fruity. Absolutely blasphemous. **A Fruity Fan**

**Dear Editor,**

The Gemara (Kiddushin 81a) records a remarkable incident. Rabbi Akiva, the greatest Tannaitic sage, taunts the yetzer hara, whereby the yetzer hara then appears to him as a woman at the top of a tree. Rabbi Akiva begins to climb the tree but is ultimately saved when the Heavens intercede for him. How can such a fall be understood?

The *guf* is all pleasure seeking and retains enormous power over the soul, yet it must understand the necessity to dance with the everlasting neshama. The more the *guf* follows the neshama to serve G-d, the more light of the Divine enters the body. Whereas if the body, which is a desire-seeking machine, gives into the physical, G-d' light is shunned from entering the body. A thriving *guf*-neshama relationship has great ramifications when the soul will unite with the body in *tehiyat hametim*. Since G-d wanted a physical body and spiritual soul to work in tandem, both are recognized for following in His ways.

Once you take on the bold step to admit your mistakes in the physical realm and address them, you are treated with mercy, as it says, "He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find

compassion" (Proverbs 28:13).

**Steven Genack**

**Dear Editor,**

Thank you for a wonderful publication. As a nurse practitioner who recently opened up my own practice that specializes in integrative medicine, I've been really enjoying Aliza Beer's articles on health.

I wanted to weigh in on this week's article, "Nutrition and Bariatric Surgery," I worked for a local hematology-oncology practice for over a decade, and we've seen dozens of patients over the years who have become completely vitamin and mineral depleted 15-plus years post-bariatric surgery. (In many cases, it can take that long for the body to become completely deficient.) The surgeons fail to explain to the patients that they will lose a significant ability to absorb nutrients from food, specifically fat-soluble vitamins. The problem with taking oral vitamins is that these patients can't even absorb the oral vitamins properly, so they still become deficient years later.

I agree with Aliza that chewable and/or liquid vitamins are far superior than capsules because some of the vitamins get absorbed sublingually.

For any patients who are reading this who are suffering from brain fog, memory issues, low energy, foul smelling stools, and/or foul body odor, you may be suffering from ill effects of years of not absorbing vitamins and micronutrients. I've given patients intravenous and injectable vitamins and minerals and have gotten them into a much better state of health, eliminating debilitating side effects from bariatric surgery.

**Yocheved Brazil NP-C**

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## Readers Poll

Would you rather have an unlimited gift certificate to a restaurant or to a clothing store?

**67%**  
Clothing

**33%**  
Restaurant