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Subject: Re: Intelligent design vs Evolution  
Posted by [wubwub](#) on Sat, 05 Mar 2011 16:18:04 GMT  
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When you work out, it creates tiny rips in your muscles that heal over time. When you keep working out, the rips heal over and over again eventually making the muscle bigger to adapt to your lifestyle i.e. working out.

I beleive that with use over long periods of time, you can adapt anything. Wether it takes a couple of weeks or millions of years.

So yes, i beleive in evolution, not this bullshit about design...

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