

**Marilu Henner Chat
for PCRM's Vegan Kickstart Program
January 8, 2010**

MariluHenner HEY EVERYONE!
MariluHenner SORRY FOR THE DELAY
Jkeller Hello
phxfyrball Hi Marilu!
Guest72634 Hi
AmyN Hi Marilu!
jazzsiebert Hi!!
Guest67239 We love you Marilu!
MariluHenner WE HAD SOME TECHNICAL DIFFICULTIES OVER AT
THE OTHER CHAT ROOM
MariluHenner BUT IF YOU WILL JUST BE PATIENT --
Cindy_R Marilu, when would be a good time to call you and chat
about the cruise?
MariluHenner I LOVE YOU TOO!
MariluHenner THIS WEEKEND, CINDY
MariluHenner ANYWAY, I'M HERE WITH DR. NEAL BARNARD
Cindy_R OK, if there is a better time, email me. Thanks.
MariluHenner THE PERSON IN THE WORLD THAT I THINK MAKES
HEALTH LOOK THE BEST
jazzsiebert Wow! We love u too Dr. Barnard!
MariluHenner BETTER THAN ALMOST ANYONE ELSE
Neal_Barnard *DOCTORS ARE APPARENTLY NOT ANY BETTER WITH
COMPUTERS THAN THEY ARE WITH NUTRITION! BUT
WE'VE WORKED IT OUT, AND I'M GLAD WE'VE FINALLY
CONNECTED.*
Guest86677 Been trying to go vegan for a year now....But obtain
conflicting evidence/statements. For those with preexisting
conditions....like HIV disease, or cancer is a vegan diet
beneficial?
Cindy_R Everyone can change their guest status by going to the
upper right hand corner where it says "type your name"
MariluHenner I'M EXCITED TO BE HERE WITH DR. NEAL BARNARD
AND THE GANG AT PCRM.
AmyN Marilu - is the rest of your family Vegan? If not, how do you
do it?
MariluHenner THEY ARE AN AMAZING ORGANIZATION THAT I'VE
WORKED WITH FOR A LONG TIME, AND I WAS PROUD
THAT THEY WERE MY CHARITY WHEN I WAS ON "THE
CELEBRITY APPRENTICE." LET ME START BY SAYING
THERE IS NOTHING MORE IMPORTANT THAN YOUR
HEALTH. IT DOESN'T MATTER HOW RICH,

SUCCESSFUL, BEAUTIFUL OR CREATIVE YOU ARE... IF YOU DON'T HAVE YOUR HEALTH, NOTHING ELSE MATTERS.

MariluHenner

THIS VEGAN KICKSTART PROGRAM IS A GREAT STEP IN THE RIGHT DIRECTION TOWARD A HEALTHY LIFESTYLE.. BUT REMEMBER, EVERYONE IS AT A DIFFERENT STAGE OF THEIR HEALTH JOURNEY. AND IT'S ALL ABOUT PROGRESS, NOT PERFECTION! THE GREAT THING ABOUT HEALTH IS THAT IT'S VERY FORGIVING. YOU DON'T HAVE TO WORRY ABOUT WHETHER OR NOT YOU'RE "CHEATING."

Neal_Barnard

MARILU, FOR PEOPLE WHO DON'T KNOW, CAN YOU MENTION WHAT LED YOU TO BE INTERESTED IN NUTRITION IN THE FIRST PLACE?

Cindy_R

Amen!

MariluHenner

THERE'S NO SUCH THING AS MAKING A MISTAKE, BECAUSE EACH DAY YOU'RE EXPERIMENTING, AND YOU'RE COLLECTING DATA. BUT YOU'RE NOT JUST IN A LABORATORY.. YOU'RE IN THE LABORATORY OF YOUR LIFE!

Kecia

So True!

MariluHenner

AFTER LIVING LIKE THIS FOR 30 YEARS, I CAN HONESTLY SAY THERE IS NOTHING BETTER FOR YOU THAN A PLANT-BASED DIET. WHEN YOU START CHANGING YOUR LIFE, SLOWLY BUT SURELY, TO EAT THIS WAY, YOU WILL NOTICE REMARKABLE CHANGES. IT MAY TAKE A LITTLE TIME TO FIGURE OUT WHAT WORKS FOR YOU, BUT SOONER THAN LATER YOU WILL REALIZE... NOTHING TASTES AS GOOD AS HEALTHY FEELS!

AmyN

Amen!

Neal_Barnard

WHAT STARTED YOU OFF DOWN THIS PATH?

MariluHenner

MY PARENTS BOTH DIED IN THEIR 50s. MY FATHER DIED OF A HEARTATTACK AT 52, AND MY MOTHER DIED OF ARTHRITIS AT 58

MariluHenner

I WAS A TEENAGE YO-YO DIETER AND BALLOONED UP TO 174 POUNDS, EATING MY FEELINGS AFTER MY FATHER DIED

MariluHenner

WHEN MY MOTHER PASSED AWAY, I SAID "IT'S NOT ABOUT MY WEIGHT ANYMORE. IT'S REALLY ABOUT MY HEALTH"

MariluHenner

AND I STOPPED DIETING - AND STARTED LIVING

MariluHenner

I READ EVERYTHING I COULD GET MY HANDS ON

MariluHenner

I WENT TO DOCTORS, NUTRITIONISTS

MariluHenner

MEDICAL LIBRARIES, HEALTH FOOD STORES

MariluHenner

I TOOK HUMAN ANATOMY CLASSES

MariluHenner
Cindy_R AND I BECAME MY OWN GUINEA PIG
Everyone can change their guest status by going to the upper right hand corner where it says "type your name"

MariluHenner I STARTED EATING THIS WAY 30 YEARS AGO, AND I CAN HONESTLY SAY THAT I FEEL BETTER NOW, IN MY 50S, THAN I DID IN MY 20S

phxfyrball
newbie_vegan You are the picture of health Marilu!
Cindy_R this is totally lame
And you have more energy than any 20-something I've ever known!

MariluHenner NEAL, HEALTH HAS BECOME THIS TSUNAMI WAVE THAT CANNOT BE DENIED

Kecia This is the easiest way of life I have ever lived.
MariluHenner I KEEP SAYING THAT PEOPLE ARE BECOMING HEALTHY BECAUSE THEY WANT TO SAVE THE PLANET THEY WANT TO SAVE ANIMALS

MariluHenner
AmyN Are you 100% Vegan?
veggivic yes
MariluHenner AND THEY WANT TO SAVE THEMSELVES
Angelique That's one of my reasons for switching to a vegan diet
Cindy_R and we need to save ourselves.
Guest73601 Marilu, did you jump cold turkey into plant based or did you do it slowly?

MariluHenner WHAT IS A GREAT FIRST STEP FOR PEOPLE WHO WANT TO START A PLANT BASED DIET?

phxfyrball I just hope the rest of the world catches on before they eat the planet dry!

Jackie.Keller Marilu, since you're a veteran veg, how have you seen the lifestyle change over the years?

Neal_Barnard *FIRST, LET ME SAY THAT PEOPLE REALLY ARE CHANGING. TAKE A LOOK AT HEALTH FOOD STORES. THEY USED TO BE TINY PLACES PLAYING FOLK MUSIC. TODAY, THEY ARE ENORMOUS, AND THAT'S AN INDICATION OF THE DEMAND FOR HEALTHFUL FOOD.*

Kecia I would say giving up dairy - made the biggest difference for me.

phxfyrball me too Kecia
Deby me too
Neal_Barnard *I THINK WE SHOULD START BY EXPLORING: NEW BOOKS, NEW WEBSITES, NEW RECIPES.*

veggivic being vegetarian, now I'll drop dairy
MariluHenner 73601, I ALWAYS SAY PEOPLE ARE TURKEYS OR WEANERS...

Cindy_R Dairy makes a big difference.

AmyN Can you recommend a few great books to read to start this lifestyle?

Emmie Neal... you changed my life... 100 vegan since watching a you tube video by you!

MariluHenner I JUMPED COLD TURKEY ON SOME OF THE STEPS I TOOK --LIKE GIVING UP DAIRY OR MEAT

phxfyrball Marilu has done a fantastic, thorough job with all of her books! We don't need to do the research, she has already done it for us

MariluHenner I WOULD TRY IT FOR THREE WEEKS

Jill_Eckart I like Diet for A New America by John Robbins

MariluHenner AND EVEN TRY IT AFTER THREE WEEKS TO SEE HOW BAD YOU FEEL

Jackie.Keller my Dr suggested I drop dairy, i found out I was chronically ill and had an allergy to dairy, went cold turkey vegan the day of that Dr appt, 7 years ago.

Cindy_R Everyone can change their guest status by going to the upper right hand corner where it says "type your name"

MariluHenner GOOD FOR YOU, JACKIE!

MariluHenner DAIRY FOR ME WAS DEFINITELY THE BIGGEST STEP THAT I TOOK

Neal_Barnard *PERSONALLY, I HAVE BEEN IN A CONTINUAL PROCESS OF CHANGE: I CHANGED TO AN OVO-LACTO VEGETARIAN DIET, THEN TO A VEGAN DIET. THEN I TOOK ANOTHER STEP AND REDUCED OIL, AND THEN REDUCED THE PROCESSED FOOD, TOO. EACH STEP HELPS A LOT.*

VeganRecipeGuy Marilu do you have dogs, and if so, what do you feed them? I am vegan, but my dogs are vegetarian, and I am curious about your take on it.

MariluHenner I HAVE A LARGE GERMAN SHEPHERD WHO IS VERY OLD, 12 YEARS

MariluHenner WE DO GIVE HIM SOME MEAT PRODUCTS

MariluHenner BUT WE ALSO GIVE HIM SUPPLEMENTS AND ACUPUNCTURE, BELIEVE IT OR NOT

Kecia I have a 15 year Mini Sch. that eats some organic meat.

Cindy_R I am now working towards giving up all chicken and fish now. Red meat has been gone for a long time.

Guest14477 I'm so really glad i decided to go vegan.

DebbiM Books...The China Study by T Colin Campbell and all of Dr. Barnard's books

MariluHenner HE'S MY HUSBAND'S DOG, SO EVEN THOUGH MICHAEL IS VEGAN, PABLO ISN'T 100%

Deby that's a really good book DebbiM

AmyN thanks Jill and Debbie!

MariluHenner OH YES - ABSOLUTELY, "THE CHINA STUDY" IS A BRILLIANT BOOK
 Emmie Can somebody tell me why my doctor insists on me eating at least fish and eggs, she said I will for sure have health problems being vegan after a few years
 Deby i'm actually reading it right now
 Neal_Barnard *HOW IS MICHAEL DOING?*
 Kecia I have made a goal to reduce the processed foods that I seem to go to. How did you do that?
 Deby Marilu, do you take B12 and Vit D supplements?
 MariluHenner SOME OF YOU KNOW THAT MY HUSBAND MICHAEL WAS DIAGNOSED WITH TWO CANCERS ALMOST SEVEN YEARS AGO, RIGHT AFTER HE AND I FIRST STARTED DATING
 MariluHenner HE WENT THROUGH MAJOR DETOX
 MariluHenner TOTALLY VEGAN DIET
 MariluHenner SUPPLEMENTS
 DebbiM I dropped my cholesterol 40 points shifting from a vegetarian diet to vegan.
 AmyN How is he today and is he Vegan?
 MariluHenner HE COMPLETELY CHANGED HIS "NORMAL"
 MariluHenner HE USED THE BEST OF INTEGRATIVE MEDICINE
 MariluHenner AND PUT HIS CANCERS - BOTH OF THEM - IN REMISSION SIX AND A HALF YEARS AGO
 jazzsiebert My husband I wanted to go Vegan...but my brother in law (Doctor) suggested we don't cuz of b12 deficiency...what are your thoughts? I want to be vegan...but i can't stand the pressure from loved ones.
 Cindy_R Dr. Barnard, how did you deal with your dietary changes given your family background at first. I live in nw Wisconsin (dairy state).
 Deby wow, that is so amazing, my boyfriend is in the process of going from meat every day to more natural, less processed foods
 MariluHenner AND HAS RECENTLY GOTTEN ANOTHER CLEAN BILL OF HEALTH
 MariluHenner HE DIDN'T HAVE CHEMO OR RADIATION
 Deby wow
 Deby amazing Marliu
 MariluHenner AND DIDN'T HAVE TO LOSE HIS BLADDER, EVEN THOUGH HE WAS AT STAGE 2-3 BLADDER CANCER
 Cindy_R that's wonderful news Marilu!
 Elaine wow, that's fantastic
 betsy marilu, what are some of your favorite things to make/eat?

MariluHenner JAZZED, THEY HAVE RECENTLY DISCOVERED THAT THERE IS B12 IN WHITE BUTTON MUSHROOMS, OF ALL THINGS

VeganRecipeGuy It's amazing what the body can do when it has the right tools and materials.

Guest65615 I really wish my husband would at least try a vegan diet I begged him to take the 21 day kickstart challenge with me but he refused. Any suggestions on how I can get him to care more about his health?

MariluHenner I THINK MOST DOCTORS, PRESENT COMPANY EXCLUDED OF COURSE --

Cindy_R Really?? Mushrooms, who knew?

MariluHenner KNOW VERY LITTLE ABOUT NUTRITION

veggiemom2two What the best way to get my 4 year old to start eating vegan?

Guest66433 Jazzsie dont worry about a B12 Def, you can get plenty in a vegan diet

Neal_Barnard *THERE ARE MANY B12-FORTIFIED FOODS NOWADAYS, AND OF COURSE VITAMIN B12 IS IN ALL MULTIVITAMINS. THEY ARE VEGAN.*

DebbiM Jazziebert -- take a multi vitamin everyday or B12 supp. so much better than the dangers of meat

Guest73601 Congrats to you and your husband Marilu. Did he do anything to detox other than vegan and supplements?

Cindy_R I love nutritional yeast in soups and on popcorn for B12..

phxfyrball 4 year olds love to help cook!

MariluHenner I ALWAYS SAY TO THE PEOPLE ON MY WEBSITE, WORRY ABOUT YOURSELF FIRST

Guest49657 What foods have Vitamin D?

Elaine I eat a bowl of bran flakes every day, apparently 80% of my RDA of B12 is in one bowl

MariluHenner I KNOW THAT SOUNDS SELFISH

MariluHenner BUT SOMETIMES YOU HAVE TO BE THE PIONEER IN YOUR FAMILY

Deby yeah, lead by example

jazzsiebert Thank you so much Marilu and Dr. Neil... I think I'm going to give my bro in law The China Study book...

MariluHenner AND START COOKING YOUR HEALTHY FOOD, AND LET THEM TASTE IT

Kecia Plus, if you don't take care of yourself, you can't take care of anyone else.

Deby exactly

VeganRecipeGuy "Secure your own mask before assisting your children..."

Cindy_R family will come around, mine did. Cook delicious, healthy meals and they will never know they are changing.

MariluHenner AND PRETTY SOON, WHEN THEY SEE THE CHANGES IN YOU, AND HOW GOOD YOUR FOOD IS, THEY WILL BE LESS RESISTANT TO CHANGE - FOR 65616

phxfyrball yes they will Cindy!

Deby I do that to my boyfriend and he loves what I make

MariluHenner YOUR FOUR YEAR OLD, VEGGIEMOM, IS A NATURAL ANIMAL LOVER

Deby and even tells me that he never feels so satisfied with food like when he comes ove rand eats what i make

Guest65615 Yeah my husband likes most of what I make but he still goes and pops in a frozen dinner instead of eating it he just tries it.

MariluHenner GET HIM INVOLVED IN PICKING OUT FRESH PRODUCE AND VEGETABLES, AND DON'T COMPLICATED IT WITH A LOT OF SAUCES AND SALT AND SUGAR

MariluHenner BEFORE 5 YEARS OLD, CHILDREN HAVE A NATURAL PALATE

veggivic This is great!!

Guest65615 He hates pretty much every vegetable unfortunately except potatoes

veggiemom2two I realize that I just don't feel right continuing to give him dairy and meat when I know it's not that healthy for him.

MariluHenner AND LET HIM FEED HIMSELF AND BE INVOLVED IN MAKING HIS MEALS

Cindy_R Everyone can change their guest status by going to the upper right hand corner where it says "type your name"

MariluHenner PARENTS ALWAYS ASK ME "WHAT SHOULD I MAKE FOR SCHOOL LUNCHES?"

Guest65615 It isn't letting me change my name for some reason I've tried four times

Guest46041 Marilu, so right on how little kids self regulate but learn differently as they age.

veggiemom2two Thank you Marilu I will get him to help me pick some stuff out!

MariluHenner I ALWAYS SAY "WHATEVER YOU WANT TO EAT IN THE CAR GOING HOME"

MariluHenner IT'S TRUE

KMK It's especially difficult when you have kids who have special needs and food allergies.

MariluHenner BUT IF YOU GET HIM INVOLVED IN MAKING HIS LUNCH, HE WILL FEEL MUCH MORE INVESTED

MariluHenner YES AT 5 YOU HAVE NATURAL ANIMAL LOVERS

phxfyrball dealing with kids--don't ask them if they want broccoli, they will say "no". give them a choice: broccoli or carrots, don't cave :-)

Jackie.Keller Lunch Box and Vive le Vegan are great cookbooks for kids and families***

MariluHenner AT 8 YOU HAVE CONSUMERS WHO WANT TO BE INVOLVED
 summer_THM I have always told my kids if they do not eat it for lunch then it becomes their afternoon snack
 MariluHenner TEENS, YOU CAN APPEAL TO THEIR VANITY AND SPORTS PERFORMANCES
 Neal_Barnard *THAT IS SUCH IMPORTANT ADVICE. HOW ABOUT WHEN YOU TRAVEL? ANY TIPS?*
 veggiemom2two oh ok thank you for all of the good tips.
 MariluHenner HUSBANDS ARE USUALLY THE MOST DIFFICULT TO CHANGE OVER...
 Cindy_R especially traveling in small towns
 MariluHenner AND WORSE THAN HUSBANDS ARE MOTHERS IN LAW
 Jackie.Keller when i worked with kids and they asked why i was vegan, i said, well, animals are my friends and i don't eat my friends. they get it a lot quicker than adults.
 Kecia Yes they are I agree on that one Marilu.
 MariluHenner I HAVE BEEN ALL OVER THE WORLD, AND I'VE NEVER HAD TO STARVE - OR GIVE UP MY HEALTHY EATING HABITS
 Cindy_R I don't try to change the in-laws!
 veggiemom2two My hubby is a challenge as well even though his mother has been a vegan for 16 years.
 MariluHenner WHEN PERUSING A MENU, LOOK AT THE SIDE DISHES
 VeganRecipeGuy Yeah travel is a hassle. Even a bean burrito no cheese at Taco Bell still have 8 grams of partially hydrogenated fat per.
 Deby yes
 summer_THM for me it's the opposite...my MIL is easier to feed than my DH
 Guest65615 Yeah my husband wants more scientific proof that a vegan diet is that good for you I keep sending him to web sites but nothing has been good enough for him yet.
 MariluHenner YOU CAN MAKE AN ENTIRE MEAL OUT OF SIDES, AND NEVER FOR ONCE FEEL DEPRIVED
 Deby even in steakhouses you can eat vegan
 Deby exactly
 Guest98491 I have a 3 and a 4 year old and they help us out in the veggie garden and go with me when I go to the farmer's market, etc. and I let them pick out what they want to eat. Works well for us.
 veggivic I'm going to put that as my Facebook status...Animals are my friends and I don't eat my friends!!!!
 Jackie.Keller happycow.net -- worldwide listing of veg-friendly restaurants
 MariluHenner I ALSO TRAVEL WITH MISO SOUP PACKETS, SNACKS

phxfyrball my stepmom is the worst, and she is a nurse!!! she tells me I am going to be sooo sick from being a vegan

Jackie.Keller prove her wrong, that's all
 MariluHenner AND ALSO THERE ARE WONDERFUL WEBSITES CALLED HAPPYCOW.COM AND HEALTHYDININGFINDER.COM WHERE YOU CAN ALWAYS FIND GREAT VEGAN AND VEGETARIAN RESTAURANTS AND STORES

Guest65615 My Mother just invited me to Cracker Barrel but they put meat in about everything.

Deby my grandma says the same
 phxfyrball thanks Marilu, I will check them out
 MariluHenner OH YES DEBY, YOU'RE RIGHT --
 Deby the 1st thing she said was: "what about calcium from milk"
 Jackie.Keller well, no Cracker barrel even uses lard to cook the potatoes
 MariluHenner WHILE EVERYONE ELSE IS HAVING THEIR STEAK, YOU HIT THE SALAD BAR AND THE SIDES

Deby exactly
 MariluHenner AND NOTICE THE DIFFERENCE OF HOW EVERYONE FEELS AFTER THE MEAL

Neal_Barnard *MANY PEOPLE GET STUCK AT THE DAIRY STAGE. THEY'VE GOTTEN OVER BURGERS AND STEAKS, BUT THEY ARE STUCK ON CHEESE. ANY ADVICE FOR THEM?*

Deby I asked and they didn't even have veggie burgers
 veggivic This is going so fast, and so many good tips, is this going to be posted, or can we get a copy of the chat????????????????????

MariluHenner OK! YOU'RE TALKING TO A FORMER DAIRY LOVER
 Deby I was full and happy, everybody else was stuffed and fatigued f

Misa Double check on the potatoes. There are some restaurants that rub them in butter/margarine first.

Guest91793 Find substitutes. I was stuck on cheese.
 phxfyrball nothing is safe in a restaurant anymore!
 AmyN I'm having trouble staying away from cheese too
 Kecia Every place I eat will leave the dairy out, you just have to ask. Plus, I have even found Mexican places that are adding tofu here in So Cal.

Guest46041 Lots of calcium options that are vegetarian.
 MariluHenner I WAS SOMEBODY WHO WAS SO ADDICTED TO DAIRY THAT I WOULD BUY A 1 POUND BLOCK OF JARLSBURG CHEESE, CHIP AWAY AT IT ALL DAY, CALL IT MY "1700 CALORIE A DAY DIET" --

Cindy_R order a sweet potato instead, they usually don't cook them with butter and are healthier

MariluHenner AND THEN WONDER WHY I WAS FAT, CONSTIPATED AND HAD PIMPLES.

Jackie.Keller besides the dairy allergy, learning about rennet, veal, and unsanitary, environmentally-damaging industrial dairy farming is a good exercise in getting grossed out to dairy.

Deby that's the other thing

Guest91793 Yes, in So. Calif, and I live in NOHO, there are so many options for cheese free meals.

Deby after going vegan

Guest71999 I was vegetarian for 20 years before I became vegan and cheese was the only thing I missed

Deby all pimples disappeared!!!

MariluHenner I ALWAYS SAY TO PEOPLE, THE ONLY THING DAIRY IS SUPPOSED TO DO IS TURN A 50 POUND CALF INTO A 300 POUND COW IN SIX MONTHS

MariluHenner SO IF THOSE ARE YOUR ASPIRATIONS.. KNOCK YOURSELF OUT!

VeganRecipeGuy My nephew was with me as we walked past the cheese isle in the grocery, he said, "It smells like bellybuttons here..."

MariluHenner IT'S CRAZY THAT WE ARE DRINKING THE MOTHER'S MILK OF AN ANIMAL WE HAVE NOTHING TO DO WITH

Deby haha

Guest46041 Calcium Rich Vegetables:
<http://www.citracal.com/calcium/foods/vegetables.aspx>

MariluHenner YOU WOULD NEVER MAKE CHEESE FROM THE BREAST MILK OF YOUR NEXT DOOR NEIGHBOR, BUT YOU'RE SUCKING FROM THE UDDER OF A COW YOU DON'T EVEN KNOW

Kecia Marilu, Mike is even telling people that regarding dairy & milk.

Guest91793 Since going off cheese and restricting salt, and exercise, of course, your body is so thankful and it shows you how thankful it is by the way you feel and look!

summer_THM eeeughhh

MariluHenner A BABY CALF HAS 9 FEET OF INTESTINES AND FOUR STOMACHS

Elaine my mum happily drinks cow's milk but is turned off at drinking sheep's milk - i don't get it

MariluHenner AND WE HAVE 27 FEET OF INTESTINES AND ONE LITTLE STOMACH

Jill_Eckart Marilu, what's your next project or book?

MariluHenner IT'S TOTALLY COUNTER-INTUITIVE FOR US TO BE DRINKING COW'S MILK

Guest91793 Guest 46041, thanks 4 the tip

Guest46041 No problem.

DebbiM Animal protein, including milk, leaches calcium from your bones

Kecia MariluHenner It has been 12 years for me since having a glass of milk. GO GET SOME ORANGUTAN MILK IF YOU REALLY WANT TO DRINK FROM ANOTHER ANIMAL

DebbiM MariluHenner thus you need more just to stay even BECAUSE YOU'RE CLOSER TO THAT INSTEAD OF A COW

Cindy_R MariluHenner true!
JILL, I'M WORKING ON TWO BOOKS RIGHT NOW
Guest9314 Marilu, I have been trying to switch to coconut milk - what are your thoughts?

Elaine and I suppose they don't sell tons of sheep's milk in the supermarket

MariluHenner AND I'M A SUBJECT OF "60 MINUTES" WHICH WILL BE ON IN MARCH

Elaine so it's not so 'normal'

Deby 9314, try almond milk

Cindy_R can't wait!

AmyN MariluHenner What is one food that you eat everyday or can't live without? I JUST SHOT THE SHOW "NUMB3RS" THIS PAST WEEK, AND THAT WILL BE ON FEBRUARY 5

Elaine MariluHenner i love almond milk, and rice milk
I'M ALSO DOING MY ONE WOMAN SHOW MARCH 4, 5, AND 6 HERE IN LOS ANGELES

phxfyrball people are sooo brainwashed by the dairy and beef industries!

jazzsiebert Guest46041 Oh! I have to see that show!
Guest91793, there's always a calcium supplement like a Tums too if there's a concern. As I understand it calcium is recycled in your body as an adult which is why vegan skeletons are just as strong as non-vegans.

MariluHenner I'M ONE OF THE SPEAKERS ON THE TASTE OF HEALTH CRUISE, ALSO WITH DR. NEAL BARNARD

Elaine coconut milk is awesome

Cindy_R I'll be there!

Deby coconut milk has a lot of fat though

Elaine yeah

Deby saturated fat

MariluHenner BUT I COULD NEVER LIVE MY LIFE IF I DIDN'T EAT THE WAY I DO

veggivic I've just started hearing about coconut milk

Deby that's why i'd say almond milk or rice milk

Emmie Can somebody tell me why my doctor insists on me eating at least fish and eggs, she said I will for sure have health problems being vegan after a few years

summer_THM I did a milk taste test with my scout troop and they hands down loved the almond milk best, even over their "regular" dairy milk

MariluHenner THE COCONUT MILK THAT IS USED AS THE BASE OF SOME OF THESE PRODUCTS DOESN'T HAVE AS MUCH FAT AS YOU THINK

Kecia Where in LA Marilu, when do tickets go on sale?
Deby soy too, but im really into almond milk

MariluHenner IT'S ALMOST LIKE COCONUT WATER
phxfyrball emmie, so you can get sick so he can "cure" you!
MariluHenner EMMIE, IT'S PROBABLY BECAUSE YOUR DOCTOR HAS HAD LITTLE EXPERIENCE WITH TRUE NUTRITION

Cindy_R summer, was that plain or vanilla almond milk?
jazzsiebert Marilu, Im an actress too... and tips on what to do when my agent sends me out on a pizza hut commercial and they say the actor has to eat meat at the audition?

phxfyrball unsweetened almond milk for me
MariluHenner DOCTORS DON'T WANT TO KILL YOU. THEY JUST WANT TO KEEP YOU IN THAT NICE STATE OF DIS-EASE SO THEY HAVE A PAYING CUSTOMER

PureDoggy Is there a difference between the coconut milk vs the coconut creamer?

MariluHenner GO TO THE PCRM WEBSITE IF YOU WANT TO FIND GREAT DOCTORS ALL OVER THE COUNTRY WHO ARE ON BOARD WITH A PLANT BASED DIET

veggivic hydorgenated oil PureDoggy
Elaine i find it so sad when i meet someone who said they stopped being vegan/veggie when pregnant because their doctor told them to

Neal_Barnard *DO YOU NOTICE THAT FOODS AFFECT THE HEALTH OF YOUR SKIN? FOR MANY PEOPLE THAT IS A HUGE MOTIVATOR.*

Cindy_R great tip Marilu, I'll check that out.
phxfyrball I will do that marilu, thanks
summer_THM cindy, both plain and chocolate versions of almond breeze
Guest98491 I wouldn't listen to my doctor about nutritional advice - most doctors aren't trained in nutrition really so they tend to give you advice based on their own beliefs.

MariluHenner NOTHING TAKES CARE OF THE OUTSIDE OF YOUR SKIN LIKE TAKING CARE OF THE INSIDE. IT'S ALL CONNECTED

Deby yeah summer
Guest46041 Emmie, I don't know why your doctor would say that unless he flunked his biochemistry class. All you need is the essential amino acids and you can get those by eating a mix

of veg foods that have them all. Complementary proteins as they are called.

Deby
MarilynHenner that's my favorite too
I'M NOT KIDDING YOU - I USED TO BE CALLED "BRAILLE FACE", MY SKIN WAS SO BAD

PureDoggy
phxfyrball Marilu, can you recommend any vegan beauty tips?
my mom's heart Dr. is overweight and smokes in front of her, then tells her to not smoke and watch her weight!

Jackie.Keller I have super sensitive skin, so some skin products or stubbly beard will irritate my face, but I noticed a huge reduction from cutting out dairy

Kecia I have found out since being put to sleep 3 weeks ago my skin is crazy.. Is that normal?

MarilynHenner GIVING UP DAIRY PRODUCTS HAD THE MOST PROFOUND EFFECT ON IMPROVING MY SKIN

Deby
MarilynHenner same here!!!
WHEN YOU FIRST GET HEALTHY, YOU MAY GO THROUGH A BIT OF A HEALING CRISIS

OregonVegan Amazing the influence the Dairy Farmers and Beef Council has on the FDA's recommendations for diet.

MarilynHenner BUT THAT'S TOTALLY NORMAL
Deby the pimples in my forehead completely disappeared
Cindy_R That happened to me too Kecia!
MarilynHenner YOUR SKIN IS FINALLY DETOXING
veggiemom2two I hoping cutting dairy will help me daughters eczema.
MarilynHenner AND BECAUSE YOUR SKIN IS YOUR LARGEST ORGAN
Emmie Thank you... I'm signed up with PCRM... fully on board with veganism... I'm in Portugal though so slim chance of any doctors having the same point of view! I've never felt better since being vegan but somehow I doubt myself when a doc says I'm wrong!

OregonVegan I drank cranberry and lemon juice to detox my liver and get rid of the pimples

Kecia Did it Cindy? That is driving me crazy and it is so dry.
MarilynHenner I DON'T CARE WHO YOU ARE - THAT'S WHERE SOME OF THE TOXINS ARE GOING TO CHOOSE TO ESCAPE

Cindy_R Is there a site that lists brand name foods that are vegan?
Most don't list the company names.

PureDoggy What about vegan makeup for the ladies?
OregonVegan I have Eczema and it cleared up when I got rid of dairy.
OregonVegan We aren't meant to take in dairy
MarilynHenner I HAD TERRIBLE ECZEMA, VEGGIEMOM. I WAS EMBARRASSED ALL THE TIME AS A TEENAGER AND A YOUNG ADULT

Kecia That makes since the toxins from being put to sleep and the pain pills etc that I was not used to taking/

MariluHenner phxfyrbal	GIVING UP DAIRY CHANGED EVERYTHING FOR ME the internet has so many websites for vegan cosmetics! just google it
Jackie.Keller OregonVegan MariluHenner	www.veganessentials.com Giving up dairy also helps clean your breathe MY WEIGHT, MY BREATHING, MY BREATH, MY SLEEPING - EVERYTHING
Guest46041	Emmie, just be sure you eat enough beans and peas which have lysine in them. That's kind of the vegan meat equivalent.
MariluHenner	IF YOU HAVE A HUSBAND WHO SNORES, GET HIM OFF DAIRY
MariluHenner	IF YOU HAVE A CHILD WHO GET SORE THROATS OR WETS HIS BED, GET HIM OFF DAIRY
veggiemom2two	her doctor said that her allergies to soy, peanuts and egg whites was causing it but after I cut all of that out she still has it so hopefully cutting the dairy will finally help.
MariluHenner	IF YOUR KIDS BREAK THEIR BONES OR HAVE RUNNY NOSES OR BAD STOMACHACHES OR HAVE TROUBLE HEARING, GET THEM OFF DAIRY
DebbiM	Also, Emmie, sadly doctors get very little nutrition training. They just don't know how important nutrition is to health. You think they would, but just don't
MariluHenner Guest69477 MariluHenner	WE ARE NOT DESIGNED TO EAT DAIRY PRODUCTS dairy hurts my joints AND WE HAVE BEEN FED SUCH A BILL OF GOODS (OR BULL) BY THE DAIRY INDUSTRY
Cindy_R	My daughter has kidney stone issues from a birth defect, don't know if I should give her calcium rich foods but son's doc says he needs more calcium.
MariluHenner DebbiM OregonVegan OregonVegan AmyN Emmie	DAIRY IS THE BIGGEST CAUSE OF INFLAMMATION diary is evil...read the China Study... Milk has iodine and puss in it. Normal by-products of milking Gross You would think so hey Debbi... even nutritionists aren't great though... my friend is fully trained nutritionist and insists I need meat and fish and dairy
Susan_Levin	FYI - for anyone who has a healthcare provider questioning the benefits of a vegan diet, I highly recommend you reference the American Dietetic Association's position paper on vegan/vegetarian diets. The ADA is always conservative with their advice, so if they say vegan diets are appropriate for everyone and beneficial, you better believe it.

MariluHenner WHEN I WENT TO WASHINGTON TO TALK ABOUT THE
 FOOD PYRAMID, I WAS ONE OF 25 PEOPLE WHO
 SPOKE, AND I WAS ONE OF TWO PRIVATE CITIZENS
 Kecia I just received the Food Inc DVD and am going to watch it
 this weekend. I heard very interesting.
 DebbiM calcium is one thing, dairy is not the only source and actually
 depletes it from your bones
 MariluHenner DR. AMY LANOU FROM PCRM WAS THERE
 OregonVegan I bought that DVD Kecia and it is stunning
 Guest46041 Emmie, ask your friend the nutritionist why they think that.
 Then you can go from there.
 OregonVegan so is Meet your Meat
 MariluHenner TOUTING THE BENEFITS OF A HEALTHY VEGAN
 LIFESTYLE
 MariluHenner I WAS THERE TRYING TO GET WARNING LABELS ON
 FOODS AND TALKING ABOUT THE IMPORTANCE OF
 HYDRATION
 veggiemom2two I think its up to us to get informed since doctors don't know
 everything.
 luvlee What's a good substitute for milk for the kids?
 MariluHenner AND WANTING WATER AS PART OF THE PYRAMID
 Kecia Oregon that is what I heard. My granddaughter turned me on
 to it. She saw it at college and has not eaten meat since.
 Guest65615 I couldn't handle watching that movie it was breaking my
 heart I had to turn it off
 MariluHenner FOUR PEOPLE FROM THE DAIRY ASSOCIATION WERE
 THERE
 Guest97118 Water as part of the pyramid! What a great idea!
 Guest97118 Didn't work because water is "free"?
 Deby and what did they say?
 MariluHenner THERE WAS EVEN A GUY FROM THE LARD INSTITUTE
 TALKING ABOUT THE BENEFITS OF LARD OVER OLIVE
 OIL, AND HE LOOKED LIKE SAUSAGE CASING - I'M NOT
 KIDDING YOU
 DebbiM here is the link to the ADA statement
<http://www.eatright.org/About/Content.aspx?id=8357>
 Neal_Barnard *IF ONLY YOUR PARENTS KNEW WHAT YOU KNOW
 NOW. IT WOULD HAVE SAVED THEIR LIVES.*
 veggiemom2two Yea Oregon Vegan I saw that too and all I can say is
 WOW!!!!
 Cindy_R ugh!
 Deby oh wow
 MariluHenner BUT THE DAIRY LOBBYISTS ARE STRONG IN
 WASHINGTON
 Cindy_R The Lard Institute? Who knew.
 Aviva "Lard Institute"???"

Deby summer_THM jazzsiebert MariluHenner	its ridiculous there's really a lard institute?? good heavens. lard?? over olive oil! that's hilarious LUVLEE, IN MY FAMILY WE LIKE RICE MILK, OAT MILK, HEMP MILK AND SOMETIMES SOY MILK
Guest46041 Kecia	Like the late great Tobacco Institute. I grew up with a garden Dr. Neal but being from Alabama everything was fried.
Guest69477 OregonVegan Guest46041 veggivic Cindy_R	have you already talked about sugar Another advantage to Veganism is the increased memory I forgot that. I NEED that increased memory~~!!! Why do some respected docs say that you don't need extra water (that there is enough in the healthy foods you eat)?
Neal_Barnard	<i>THANK YOU, MARILU! SORRY ABOUT THE TECHNICAL GLITCHES AT THE START. BUT THANKS FOR STICKING WITH US.</i>
OregonVegan veggieom2two	Products like Lunchables...betcha Marilu loves those... I really like rice milk and I've been encouraging my son to drink it too.
luvlee	Thanks. I drink almond and soy milk. I'll try the soy for the kids.
PureDoggy	I tried the So Delicious coconut chocolate ice cream last night - not bad.
Jill_Eckart craftycat70	You are amazing Marilu, thank you thank you! This was fun! Was recently diagnosed with Lupus and when i told my doctor I was going to go back to a Vegan diet.....he laughed and said there is no diet that will help Lupus. Well he gave me just the ammo I needed to prove him wrong. Bought the Lupus Recovery Diet by Jill Harrington thank you Marilu!!
Deby MariluHenner Guest71999	THANK YOU DR. BARNARD! how log does it take to prepare lunch? Lunchables are full of chemicals
VeganRecipeGuy MariluHenner MariluHenner	Yes you certainly have my thanks Marilu. I AM SO EXCITED TO BE WITH ALL OF YOU TODAY I HAVE BEEN TEACHING CLASSES ONLINE LIKE THIS FOR TEN YEARS
jazzsiebert Lauray AmyN Guest46041 MariluHenner	Thanks marilu! You ROCK! Thank you, Marilu! One food you can't live without? It has been fun, Marilu. After I finally found you guys. SO I FEEL HONORED AND GRATEFUL TO BE ABLE TO DO IT WITH ALL OF YOU AT PCRM
OregonVegan	Have you all seen "The Cove" and "Shark Water". Another good reason not to eat meat

EricaH	Thank you, Marilu!
Elaine	Thanks Marilu!
Cindy_R	Thanks to both of you. Dr. Barnard, we'd love to have you chat on Marilu's site again someday.
PureDoggy	Is Marilu on Twitter?
jmari	I always learn from your chats Marilu. thanks again
MariluHenner	AMY, MY ONE FOOD IS BROWN RICE, BELIEVE IT OR NOT
phxfyrball	Dr. Ben Kim says we drink too much water and it's dangerous
Susan_Levin	Thank you!
veggiemom2two	Thanks Marilu!
MariluHenner	AND PROBABLY ARUGULA, MUSHROOMS
Jackie.Keller	Thank you Marilu!!
AmyN	Thanks Marilu!
DebbiM	this has been great....thanks!
MariluHenner	THERE IS SO MUCH TO LEARN ABOUT HEALTH BUT IT'S SO EXCITING
veggivic	Thank You
Guest68858	Thank you !
OregonVegan	People in Oregon should check out the Vegfest
MariluHenner	YES, I HOPE YOU WILL COME TO VISIT ME AT MARILU.COM, AND OF COURSE THE FABULOUS PCRM
phxfyrball	Thank you!
Guest21954	wow, this was great! ty
MariluHenner	AND IF I LEAVE YOU WITH ANY PARTING WORDS, IT'S THAT - DO EVERYTHING WITH GUSTO
MariluHenner	EXPERIMENT WITH GUSTO
Cindy_R	Join both of them on the Taste of Health Cruise in March by Holistic Holidays at sea.
MariluHenner	SHARE GOOD INFORMATION WITH GUSTO
Guest93906	i have read your books and i think you are great,,,,it was some time ago, however...did you experience some detox symptoms when you changed your diet?
Guest93906	i have a rash on my face that will not let up
MariluHenner	DON'T PUNISH YOURSELF IF YOU SO-CALLED "CHEAT"
phxfyrball	eat pineapple to clean out the dairy
MariluHenner	IF YOU'RE GOING TO CHEAT, CHEAT WITH GUSTO! BECAUSE YOU'LL METABOLIZE IT A LOT BETTER THAT WAY
Cindy_R	fresh pineapple, not canned
MariluHenner	AND GET RIGHT BACK ON TRACK THE NEXT DAY
MariluHenner	I DEFINITELY EXPERIENCED DETOX SYMPTOMS....BUT THEY WENT AWAY AFTER A WHILE
MariluHenner	JUST KEEP THINKING YOU'RE PART OF YOUR OWN EXPERIMENT

MariluHenner
Guest21954
MariluHenner
Cindy_R
MariluHenner

IT MAY TAKE A WHILE, BUT THE JOURNEY IS WORTH IT
what a great mind set
THE HUMAN BODY IS AN AMAZING CREATION
What is a good resource to read your face/skin?
AND IF YOU HONOR IT - IF YOU LEARN TO LOVE THE
FOOD THAT LOVES YOU - IT WILL PAY YOU BACK IN
SPADES

MariluHenner
Guest93906

NOTHING TASTES AS GOOD AS HEALTHY FEELS!
YES....i have been using tea tree oil.....staying on track.
using lots of water and flax seed

MariluHenner

ALL THE THINGS YOU THINK YOU CRAVE WILL LOOK
SICKENING AFTER A WHILE

MariluHenner
DebbiM
Cindy_R
veggivic
MariluHenner

BELIEVE ME, I USED TO CRAVE CHEESE
I just love that quote...
from your lips to my ears
I agree Marilu
AND NOW I CAN'T WALK PAST THE CHEESE AISLE AT
WHOLE FOODS WITHOUT HOLDING MY NOSE

PureDoggy
summer_THM

what is your snack food now?
that's true, I'm always glad later that I made a healthier
choice, even if it was hard at the time

MariluHenner

SOMEONE SAID THEIR SON THINKS IT SMELLS LIKE A
BELLY BUTTON - MY KIDS THINK IT SMELLS LIKE FEET

Guest93906

Wow....that's interesting....i am definitely finding i am not
feeling as deprived as i thought i would

summer_THM
Guest93906
MariluHenner

lots of cheeses smell like dirty socks
thank you so much for your insights
PUREDOGGY - I EAT RAW NUTS, ARUGULA, AVOCADO
ON EZEKIEL 4.9 BREAD, HUMMUS

MariluHenner
Guest68858

ALL KINDS OF GOOD THINGS
I'm thankful I never cared for cheese. Sounds like it is hard
to give up

MariluHenner
phxfyrbal

AND REMEMBER THIS, TWO LAST THINGS -
simple test to see if you eat too much dairy: swallow. if you
hear 'noise' in your ears, that's the dairy

Guest93906

yes....i think i saw they posted a quote from you on
RAWVOLUTION

AmyN
Guest93906
MariluHenner

Wow, interesting
i would like to go raw after i level-off with the vegan diet
GETTING HEALTHY IS NOT ABOUT MEASURING,
WEIGHING, OR COUNTING THE POINTS, GRAMS, FATS,
CARBS, CALORIES OF THE SAME OLD CRAPPY FOOD
really phxfyrbal, never heard that one.
what do you drink.....coffee? Tea?

Cindy_R
Jeannie
MariluHenner

IF YOU IMPROVE THE QUALITY OF YOUR FOOD, THE
QUANTITY TAKES CARE OF ITSELF

Neal_Barnard
MariluHenner
AmyN
MariluHenner
phxfyrball

MariluHenner
Guest69477
Guest93906
Emmie

PureDoggy
craftycat70
MariluHenner
Cindy_R

Neal_Barnard
Emmie
MariluHenner
Jeannie

Jill_Eckart
phxfyrball
Guest46041
Guest95777

jmari
Guest68858
MariluHenner

MariluHenner
summer_THM
Jill_Eckart
MariluHenner
MariluHenner
Guest21954
lastchance
Cindy_R

THANK YOU, MARILU! YOU'RE FANTASTIC, AS ALWAYS!

OK GUYS

THANK YOU!!!

UNTIL THE NEXT TIME!

my chiro did it to me 11 years ago, then told me to stop eating dairy. i did!

THANK YOU NEAL

thanks

thank you!!!!

thank you!

thank you!

thank you Dr. B and MH

PLEASE LET'S DO THIS AGAIN NEXT WEEK!

Thanks Dr. Barnard and Marilu, this was fun and informative!

COUNT ME IN! THANKS!

me too!

THANKS EVERYBODY!

Thank you

Thank you!

thanks Marilu!

Thanks!

Thanks!

thanks

Thanks

ENJOY THE NEXT WEEK OF THE VEGAN KICKSTART PROGRAM

FABULOUS RECIPES

Thanks Dr Barnard. Thanks Marilu

www.21DayKickstart.org - YAY!

GREAT INFORMATION

AND WONDERFUL PEOPLE

fantastic!!!!

Thanks Dr.Barnard & Marilu

We should get Alicia Silverstone on the cruise too!