

**CHAT WITH MARILU HENNER AND DR. NEAL BARNARD**  
**PCRM's Vegan Kickstart Program**  
**March 2, 2010**

veggie Hello to Marilu

chelo someone asked me yesterday what was the goal of the 21kickstart program

MariluHenner WELCOME EVERYONE TO THE FIRST OF THREE CHECK IN CHATS FOR PCRM'S VEGAN KICKSTART PROGRAM.

MariluHenner WE ARE HAPPY TO HOST THE CHATS AT [WWW.MARILU.COM](http://WWW.MARILU.COM) , AND I'M THRILLED TO HAVE ALL OF YOU VISITING US TODAY!

craftycat70 thanks for being here for us

MariluHenner I HAVE BEEN TEACHING ONLINE CLASSES HERE AT MARILU.COM FOR OVER TEN YEARS NOW, AND I KNOW FROM MY YEARS OF EXPERIENCE THAT THERE IS NOTHING MORE IMPORTANT THAN THE SUPPORT OF A COMMUNITY WHEN TRYING TO MAINTAIN A HEALTHY LIFESTYLE.

MariluHenner I AM HONORED TO HAVE AS MY CO-HOST TODAY, THE MAN WHO MAKES HEALTHY LOOK ITS BEST - THE HEALTHY AND HANDSOME DR. NEAL BARNARD!

Dr.\_Neal\_Barnard *THANK YOU MARILU. YOU'RE AN INSPRIATION TO ME!*

MariluHenner THANK YOU, DR. BARNARD! LIKEWISE!

chelo I have a question about the sphincter muscle. It seems that it doesn't get a great workout on the Vegan diet. Is that good or bad?

MariluHenner I NOTICED THAT SOMEONE ASKED EARLIER, WHAT IS THE GOAL OF THE VEGAN KICKSTART PROGRAM?

Merry Marilu, could you turn off your "all caps" please so it makes it easier for us to read...thanks!

Dr.\_Neal\_Barnard *WE HAVE MORE THAN 20,000 PARTICIPANTS IN THE CURRENT KICKSTART PROGRAM THAT BEGAN YESTERDAY.*

chelo I asked the question and my reply was that it was to change your consciousness

Tonia Merry, Marilu uses all caps so that you can see her text apart from all other chat. Thanks!

MariluHenner I THINK THE VEGAN KICKSTART TITLE DESCRIBES IT PERFECTLY --

MariluHenner IT GIVES YOUR BODY A CHANCE TO REALLY "TEST DRIVE" THE VEGAN DIET

Betsy Marilu, what is the biggest benefit you've realized from a vegan diet?

Olinda Marilu, my husband lost his battle with heart disease two months ago after a twelve year struggle. And, so I am turning to a new lifestyle of healthy living. Can you give me so pointers as a novice.

MariluHenner BETSY, I WOULD SAY LOSING 54 POUNDS

MariluHenner DEFINITELY HAVING BETTER SKIN

MariluHenner I USED TO BE CALLED "BRAILLE FACE" BELIEVE IT OR NOT

Guest90936 I'm primarily wondering about B vitamin supplementation, are there particular modes of delivery you recommend?

MariluHenner AND NOW MY SKIN GLOWS FROM THIS HEALTHY LIFESTYLE

MariluHenner AND I WOULD SAY LOOKING AND FEELING BETTER THAN I DID IN MY 20

Betsy Wow -- you look amazing

rnmomof2boys I have been vegan since the beginning of Feb and all of my gall bladder pain and bloat has disappeared. I lost 5 pounds too

MariluHenner 20'S -- AND I'M IN MY 50'S NOW

rnmomof2boys My best friend has 0 symptoms from her Crohn's disease now that she is vegan.

Silas have you lowered your cholesterol?

MariluHenner OLINDA, THE BEST ADVICE I COULD GIVE YOU IS TO TAKE IN THIS INFORMATION AND MOVE YOUR LIFE FORWARD IN A HEALTHIER DIRECTION.

MariluHenner WE ARE ALL IN DIFFERENT STAGES OF OUR HEALTH JOURNIES

chelo I have been 2/3 Vegan--the Mark Bittman diet-for 24 weeks now. This is still a big step for me!

MariluHenner AND IF YOU CAN'T DO IT ALL, THEN TAKE SMALLER STEPS TO HELP MAKE YOURSELF FEEL LIKE A WINNER

MariluHenner AS YOU INCORPORATE THESE HEALTHY CHOICES INTO YOUR LIFESTYLE.

Merry I read somewhere that dairy is a big contributor to Crohn's disease.

MariluHenner SILAS, I LOWERED MY CHOLESTEROL OVER 100 POINTS!

rnmomof2boys Dairy is a big contributor to a lot of problems.

MariluHenner MY FATHER DIED AT 52 OF A HEART ATTACK

Silas dairy is also a large contributor to cancer...

Hildee Any advice as to how to decrease the amount of gas I am emitting?

MariluHenner AND MY MOTHER DIED AT 58 OF ARTHRITIS

MariluHenner SO GENETICALLY I STARTED AT A NEGATIVE

MariluHenner DAIRY IS THE WORST

chelo 4Neal I have a question about the sphincter muscle. It seems that it doesn't get a great workout on the Vegan diet. Is that good or bad?

rnmomof2boys I also feel better than I did in my teens/20's. I run faster now too. I'm 30.

Silas dairy is the worst

MariluHenner IT NEVER MAKES SENSE TO ME THAT ANYONE WOULD EAT DAIRY PRODUCTS

MariluHenner HILDEE, YOUR BODY IS GOING THROUGH A CHANCE

rnmomof2boys Dairy is terribly illogical.

MariluHenner CHANGE

Guest17599 Eliminating dairy has SO many health benefits!

Guest17127 i keep getting acne cysts, what can i do?? major prob.

atc Marilu, what can we do when we are invite by non-vegan friends for a dinner? How can we make healthy choices in these cases when it's impossible to get information before the invitation for example?

Glenda I read the China Study and my mouth dropped at how strong a pull milk proteins can be trouble for our body

Guest71992 what are your thoughts on nutritional supplementation?

MariluHenner YOU HAVE TO CHEW YOUR FOOD -- YOUR STOMACH DOESN'T HAVE TEETH!

Merry I used to get bronchitis every winter...went off dairy seven some years ago and haven't had one case of it since. Haven't even had as much as a cold.

Olinda Marilu, thank you. You are indeed a role model. I just never realized all the benefits to us as well as stopping the animal cruelty.

MariluHenner MAYBE YOU ARE EATING THINGS IN A BAD COMBINATION

MariluHenner FOR EXAMPLE, YOU MAY HAVE TO SOAK YOUR BEANS BEFORE YOU EAT THEM

MariluHenner BUT THE NUMBER ONE PROBLEM WITH GAS IS USUALLY THAT YOUR BODY IS GOING THROUGH A HEALING CRISIS

MariluHenner I'D LIKE TO TALK FOR A MINUTE ABOUT A HEALING CRISIS BECAUSE WE ARE IN THE FIRST FEW DAYS OF THE KICKSTART PROGRAM

MariluHenner AND I WOULD LIKE TO ADDRESS IT BECAUSE SOME OF YOU MAY BE BREAKING OUT AS YOU GET RID OF THE TOXINS IN YOUR BODY.

MariluHenner THE FIRST FEW DAYS OF GETTING HEALTHY AND GOING VEGAN MIGHT SEEM LIKE YOU ARE IN A FOREIGN COUNTRY, ESPECIALLY IF YOU ARE COMING FROM AN UNHEALTHY LIFESTYLE.

MariluHenner YOUR BODY MAY BE DETOXING, AND YOU MAY BE GOING THROUGH WHAT IS KNOWN AS A HEALING CRISIS.

MariluHenner DON'T WORRY - THIS IS NORMAL!

MariluHenner YOUR BODY IS CLEANING OUT ALL OF THE JUNK THAT HAS BEEN STORED WITHIN YOU FOR MANY YEARS.

Guest17127 I have been getting cysts all my life, much worse now at 50

MariluHenner IF YOU WERE A HEAVY DAIRY EATER - YOU KNOW, LOTS OF ICE CREAM, MILK, CHEESE, ETC - YOU MAY GET A STUFFY NOSE AS YOU CLEAN OUT THE MUCUS, OR YOU MAY EVEN GET A LITTLE PIMPLE AROUND THE NOSE AREA.

atc Marilu, what can we do when we are invite by non-vegan friends for a dinner? How can we make healthy choices in theses cases when it's impossible to get informations before the invitation for example?

Glenda its like two week of healing isn't it?

MariluHenner DO NOT WORRY. ONE OF THE BEST ANTIDOTES FOR THIS IS TO MAKE SURE YOU HAVE PINEAPPLE, BECAUSE THE BROMELAIN IN THE PINEAPPLE WILL HELP CLEAN OUT THE DAIRY.

MariluHenner IF YOU WERE A HEAVY MEAT EATER, YOUR CHIN MAY BREAK OUT.

MariluHenner AND IF YOU WERE A HEAVY SUGAR EATER, AND YOU NO LONGER WANT THAT "KIDDIE COCAINE" COURSING THROUGH YOUR BODY, AND YOU'VE GIVEN IT UP FOR THE SAKE OF THIS HEALTHY PROGRAM, YOU MAY GET A FEW PIMPLES ON YOUR FOREHEAD.

Guest17127 around nose and mouth

MariluHenner PLEASE DO NOT WORRY! THIS TOO SHALL PASS IN A FEW DAYS. AND WHEN YOU COME OUT THE OTHER SIDE, EVERY LITTLE STEP OF YOUR HEALING CRISIS WILL HAVE BEEN WORTH IT!

atc Marilu, what can we do when we are invite by non-vegan friends for a dinner? How can we make healthy choices in theses cases when it's impossible to get informations before the invitation for example?

Guest1588 marilu, can you expand on sugar addiction

chelo Do you juice the pineapple?

Guest71992 thank you for that information :-)

Guest10158 atc...you should join us over at Marilu.com. We are always sharing advice for what to do with dinner invitations, business lunches etc.

HealthfulJill I'm thankful for the healing crisis because it shows that my body is getting rid of the toxins.

Glenda Eat before you go that way you can just enjoy the vegan choices that are natural to a meat-eaters meal planning! That's my cure

atc thanks

MariluHenner YOUR NON VEGAN FRIENDS, ATC -- THERE ARE SO MANY DELICIOUS VEGAN RECIPES THAT YOU NEVER HAVE TO APOLOGIZE FOR THEM

MariluHenner WHAT YOU SHOULD DO IS EXPERIMENT

MariluHenner TRY THE DIFFERENT RECIPES AT HOME

rnmomof2boys Here is a link I just read about being a newbie and having guests over.  
[http://www.savvyvegetarian.com/svreports/vegetarian\\_etiquette.pdf](http://www.savvyvegetarian.com/svreports/vegetarian_etiquette.pdf)

MariluHenner AND THE ONES YOU KNOW ARE SUREFIRE ARE THE ONES THAT YOU SHOULD TRY OUT ON YOUR NON VEGAN FRIENDS

atc Thanks!!!

Guest10158 I just made a quick batch of vegan candy to take to a friend's house tonight. This way if she puts out the sugary stuff I'm covered

MariluHenner DON'T EVEN EXPLAIN THAT THE FOOD IS HEALTHY! JUST SAY THAT IT'S GOOD!

atc marilu, can you expand on sugar addiction

Hildee Why is sugar bad?

atc I am an addict

atc of sugar

MariluHenner I'VE BEEN DOING THIS FOR OVER 30 YEARS NOW- AND MY MOST "POLLUTED" FRIENDS (THEIR WORD) ALWAYS SAY THEY'VE NEVER HAD A BAD MEAL AT MY HOUSE

cyn Even though I have always eaten meat. I have always included many fruits and veg. and some days just prefer not to feel the weight of the meat...I really do not understand why people think eating veg is so strange

Guest71992 what do you think about nutritional supplementation, is it necessary as part of your daily program?

MariluHenner OUR BODIES REALLY DO LOVE EATING THIS WAY

MariluHenner AND AS I'M ALWAYS SAYING, NOTHING TASTES AS GOOD AS HEALTHY FEELS

Guest10158 Jill how did you get your name to show? I'm still a guest !

MplsMom Where it said guest?

Guest54044 top right corner of chatroom

RBenn Do you use any supplements after being Vegan so long?

HealthfulJill To show name, type it in the top right corner and hit Enter.

Guest10158 Many thanks Jill and Jill.

Jill\_E Up in right hand corner, type in your name

MplsMom Hi Jill!

Atc Marilu what about sugar addiction

chelo Do you shop at the farmers markets?

MariluHenner RBENN, I DO USE SUPPLEMENTS BECAUSE I TRAVEL, I EAT IN RESTAURANTS, I FEEL THAT MY BODY CHANGES ALL THE TIME, AND THERE ARE JUST SOME THINGS THAT I NEED

Guest23743 Marilu, please explain the connection between diet and Cancer?

HealthfulJill Yo Jill N!!

craftycat70 non-veg spouse is noticing how much better he feels eating the meals I'm making.....so lead by example to family and friends. Had a Mexican stew last night and he went for seconds

RBenn B12? D?

Guest78758 how do you chose what supplements to use?

MplsMom oh no. we scared Dr. Barnard away....

Atc how do you chose what supplements to use?

MariluHenner CHELO, I DO SHOP AT THE FARMERS MARKET

MariluHenner I DO TAKE VITAMIN D

nicklilly how do you get off sugar?

Hildee why is sugar so bad?

Silas vegan diet makes me not crave sugar

MariluHenner SUGAR IS ONE OF THE WORST THINGS THAT WE HAVE BECOME ADDICTED TO

chelo Do you juice fruits and veggies?

MariluHenner IT'S IN EVERYTHING

penelope has anyone tried the new Silk Almond Milk - its delicious

MariluHenner AND OUR PALATES HAVE BEEN DESTROYED FROM YEARS OF ABUSE

Atc but how can we get rid of this?

MariluHenner SUGAR IS LIKE KIDDIE COCAINE

HealthfulJill You can help with sweet cravings by eating fruit instead.

Silas i used to eat sugar daily, and now I don't miss it

Guest78758 yes, sugar is in everything, more in a white potato than a spoon full of granulated sugar

MaryBeth Penelope I didn't know Silk was making almond milk now---I'll have to look for that. We've been enjoying the new coconut milk and ice cream and the yogurts are great

MariluHenner I ALWAYS SAY THAT AS SOON AS THAT BIRTHDAY CAKE IS SERVED, THE LITTLE GIRLS ARE CRYING AND THE LITTLE BOYS ARE FIGHTING

Atc is crystallized slice ginger good?

nicklilly could that be causing cysts?

Merry Marilu, some years back you still ate fish, when did you quit eating it and why? I don't eat it but my new boyfriend would like me to occasionally.

chelo I heard that the Silk Almond milk is actually a soy product.

Guest23743 What about the connection between diet and Cancer?

Silas so true, marilu! sugar makes people nuts

Alicia237 Isn't Silk made by Dean Foods - one of the biggest Factory Farms out there?

MariluHenner THE SUGAR THAT COMES NATURALLY FROM VEGETABLES AND FRUITS IS VERY DIFFERENT THAN THE PROCESSED SUGAR THAT IS IN MOST PROCESSED FOODS OR IN THAT PACKET OF SWEETENER

chelo Make your own almond milk overnight

MariluHenner SUGAR SPIKES YOUR INSULIN

Atc Marilu is crystallized slice ginger good? I use to eat that when I have a crave for sugar

MariluHenner SHATTERS YOUR NERVOUS SYSTEM

MariluHenner FERMENTS ANYTHING YOU EAT WITH IT

MariluHenner IT'S DEHYDRATING

craftycat70 Blue Diamond almond milk in 1/2 gallons in cold case at Supermarket has 20 less calories than the Silk Soy.....had both and both are good

MariluHenner GIVES YOU A SOUR STOMACH

Silas sugar and caffeine tax your adrenal system, too

HealthfulJill I love Almond Breeze Unsweetened Almond Milk--you gotta watch out for the sugar in the plant milks!

dsw what about agave nectar? is that as bad as sugar?

MplsMom I don't mix fruit because of fermentation. I must start looking at sugar the same way

Atc Marilu is crystallized slice ginger good? I use to eat that when I have a crave for sugar

nicklilly how can you cleanse your lymph system?

MaryBeth Crafty cat...it also makes a wonderful latte with a little cinnamon in a half cup of Kaffree. Yummy

MariluHenner AND THE WAY THEY PROCESS IT, THEY REMOVE 90 PERCENT OF ANY NUTRIENTS THAT MAY HAVE BEEN IN IT FROM THE BEGINNING

MariluHenner THEY BLEACH IT AND COOK IT IN COW BONES

Atc Marilu is crystallized slice ginger good? I use to eat that when I have a crave for sugar

Glenda I was told by a doctor that it takes three feet of sugar cane to make a tbsp of sugar....now if you where to gnaw on the sugar cane (three feet) it would takes you months to finish it!!

Guest78758 sugar and high glycemic foods, create insulin resistance and over years, metabolic syndrome, which leads to Diabetes

penelope I did not see any soy ingredients in Almond Silk and it says it is distributed by White Wave Foods

chelo Start by massaging your lymph nodes in the shower

craftycat70 sorry .....less calories than the Silk Almond milk

Alicia237 Glenda - good idea!

MariluHenner ABSOLUTELY - THERE IS SO MUCH REASEARCH ON SUGAR, I TALK ABOUT IT IN ALL OF MY BOOKS

Olinda Marilu and Dr. Barnard, will soy protein cause a change in cysts. Especially in the case of fibrocystic disease

MariluHenner AND THERE IS SO MUCH GREAT INFORMATION OUT THERE ABOUT WHY IT IS SO BAD FOR US

craftycat70 Sorry.....20 less calories than the "Silk Almond" milk

Silas better than massaging lymph nodes--exercise. does the same thing!

MariluHenner BUT IT IS SO ADDICTIVE  
MariluHenner AND IN THIS COUNTRY, WE ARE SO ADDICTED TO SUGAR AND SALT  
MariluHenner AND THE FAT THAT IS USUALLY PART OF THE EQUATION  
MplsMom soooo addictive. Unfortunately, I am the poster child of sugar addiction.  
Silas processed foods--sugar, salt and preservatives...awful  
Atc except of fruit what can we eat or do to overpass this addiction  
Dr.\_Neal\_Barnard *WHY DO PEOPLE GET HOOKED ON CHEESE? MORE THAN OTHER DAIRY PRODUCTS, IT SEEMS.*  
  
chelo I massage my lymph nodes after I exercise.  
MariluHenner WE GO FROM FRIES AND A COKE TO STEAK AND DESSERT BACK AND FORTH, ALL DAY LONG.  
  
HealthfulJill Jumping on a rebounder will help cleanse the lymphatic system.  
Atc except of fruit what can we eat or do to overpass this addiction  
Guest76100 Dr. Barnard, do you have any information on Lyme Disease. I've had it for 14 years but am not that bad off thanks to a healthy lifestyle.  
  
MariluHenner AND WE ARE DOING THIS TO OUR CHILDREN AT SUCH EARLY AGES THAT THE OBESITY LEVELS AND HEALTH PROBLEMS ARE HAPPENING TO CHILDREN YOUNGER THAN FIVE.  
  
Guest76100 Just looking to get better  
Atc Marilu what can we do to overpass this addiction when we began vegan diet?????  
MplsMom Atc, one thing that does help me when I crave sugar is to drink flavored herbal tea. Licorice works the best for me.  
  
Guest90936 Also, many people are using Agave nectar in place of HFCS, thinking it is better for you, but according to a recent article, it's apparently not much better for you.  
  
Guest76100 ATC you have to tell yourself no. Just don't eat it! And wean yourself off from it.  
Alicia237 Atc - I eat whole grains....chewing seems to help.  
MariluHenner I THINK DR. BARNARD PEOPLE GET HOOKED ON CHEESE BECAUSE THERE IS A DRUG IN CHEESE- IT'S ALMOST LIKE DOPE  
  
Alicia237 The action of chewing  
MariluHenner PEOPLE GET ADDICTED TO THE FLAVOR AND THE TASTE  
MaryBeth Guest 90936...what is HFCS  
Atc Wow thanks everyone... I will try these tricks  
MplsMom and...cheese is easy to eat. No prep  
MariluHenner AND WE HAVE BEEN SOLD A BILL OF GOODS IN THIS COUNTRY THAT MILK IS GOOD FOR YOU  
  
Guest90936 oh, sorry- High Fructose Corn Syrup  
Alicia237 Milk is bad juju...  
Guest23743 Dr. Barnard, what about fat and Diabetes?  
MaryBeth thanks  
Atc I have another question: I'm going in a trip with my parents soon, and I'm scared cause they judge me when I say I don't want to eat dairy...  
chelo mother's milk is the best. How many of you breast fed your kids?

rnmomof2boys Both my kids get so sick from milk, yet people act like I'm crazy when I tell them that. They say, "how sad, what do they eat?"

MariluHenner I USED TO BE TOTALLY ADDICTED TO CHEESE

Glenda I did

Alicia237 Breast fed for 18 months....

MariluHenner AND THAT'S WHY I WEIGHED 54 POUNDS HEAVIER THAN I DO NOW

debdeb54 I breastfed all of mine

Dr.\_Neal\_Barnard *ABOUT FAT AND DIABETES, FAT APPEARS TO INSINUATE ITSELF INTO CELLS, CAUSING THEM TO BECOME INSULIN RESISTANT.*

MplsMom Atc, what if you don't SAY that you are not eating dairy, just don't eat it (with no mention)

MariluHenner AND HAD SUCH GASTROINTESTINAL PROBLEMS... THAT I ONCE STOPPED GOING TO THE BATHROOM FOR 17 DAYS

MaryBeth Mom of 2...that's funny. We get that question a lot. "What DO you eat?" We usually say, "Everything else"

Guest47959 My only problem with this is when I look at a recipe there are too many ingredients

rnmomof2boys I fought with my dad when I told him I went Vegan, he thinks I'm nuts. It was scary to tell him, but now I'm over it.

Guest51654 breastfed until she was almost 4

MariluHenner I KNOW... TMI

nicklilly what do you think fibromyalgia is all about? i have it

MariluHenner BUT THAT'S WHAT DAIRY DOES TO YOUR BODY

Guest23743 Marilu, you look amazing and better than many actresses in their 20's!

Atc Good Idea... I just hope that I will have choice on the restaurants

Alicia237 MaryBeth - us too! So funny...take away one thing from the plate and our families freak out!

HealthfulJill Stevia is a great plant-based sweetener-no sugar-no glycemic level. comes in packets and liquid in health food store.

Atc I don't want to eat salad for a whole week

MariluHenner ATC, DON'T WORRY ABOUT YOUR PARENTS

craftycat70 After being back on the Vegan diet for four weeks had blood work and my "calcium" level was well into normal.....I haven't taken any calcium supplements or milk/cheese for a very long time due to lactose problems

MariluHenner SIT THERE WITH YOUR BENIGN SMILE

Glenda I did eat cheese for years added it from pressure from family got fibrocystic and got 30 pounds heavier!! Wow forget that crap! Read The China Study and dropped it all!! Weight and systes!!

MariluHenner AND AS YOU ARE GETTING HEALTHIER AND FITTER

debdeb54 woah am I glad I don't eat any of that stuff any more

MariluHenner AND YOUR SKIN IS STARTING TO GLOW...

Alicia237 Atc - you might call ahead and talk to the chef...

Guest51239 what do you think of Agave nectar?

Dr.\_Neal\_Barnard *WHEN PEOPLE GO ON A LOW-FAT, PLANT-BASED DIET, THE FAT APPEARS TO DRAIN OUT OF MUSCLE CELLS, CAUSING INSULIN RESISTANCE TO DIMINISH, AND DIABETES IMPROVES.*

MplsMom Atc, will you be eating out?

MariluHenner THEY'LL BE BEGGING YOU FOR YOUR SECRET!

MaryBeth Alicia...they can't handle being out of their comfort zone

MariluHenner FAMILIES CAN BE THE MOST CRITICAL

Atc Yes all the time because the trip is on a cruise

MariluHenner AND THAT'S WHY IT IS SO IMPORTANT TO FIND SUPPORT ELSEWHERE

Silas Dr. Barnard--what % of fat is daily recommendation?

MariluHenner FROM ONLINE COMMUNITIES, AT PCRM, AND AT MARILU.COM

Alicia237 MaryBeth - true!

Atc It's true that we need support

MplsMom When are you going? Maybe we will be on the same cruise

Atc in april

MariluHenner SEE THAT? YES! MAKE SURE YOU ALL READ WHAT DR. BARNARD WROTE!

rnmomof2boys My dad keeps saying, "we'll have lamb" Then he laughs, thinks he's in My Big fat greek wedding".

MplsMom ATC-a cruise will be soooo easy to eat on.

Alicia237 MaryBeth...my folks are now almost fully vegetarian.

MaryBeth When my SIL had surgery I made a soup to nuts vegan meal which they devoured and my brother said "Good thing you didn't bring your healthy crap." Because he doesn't know healthy tastes BETTER

Guest1588 this support helps so much!

Alicia237 Now, my in-laws.....that's another story

Atc ho yeah?????

chelo I prefer spicy to sweet. I made the carrot soup the second time and added more spice. the soy milk seems to have a bit of sugar in it.

debdeb54 ok how come my face has not cleared up yet. I eat nothing but fruits veggies grains and legumes?

MariluHenner THE GREAT THING ABOUT THE VEGAN LIFESTYLE IS THAT YOU DON'T HAVE TO COUNT CALORIES OR ANY OF THE OTHER STUFF YOU DO ON OTHER DIETS

MariluHenner WHEN YOU IMPROVE THE QUALITY OF YOUR FOOD, THE QUANTITY TAKES CARE OF ITSELF.

Dr.\_Neal\_Barnard *THERE'S NO NEED TO COUNT A % OF CALORIES AS FAT. BUT IF YOU CONSUME PLANT-BASED FOODS AND AVOID ADDED FATS, IT WORKS OUT TO BE ABOUT 10% OR SO.*

Silas what is the recommended % of fat per day? 20%?

Alicia237 My MIL is diabetic and very overweight. But, she doesn't think what she eats has any effect.

rnmomof2boys Oh and I breastfed my son till he was 26 months.

MplsMom ATC-do you belong to marilu.com? You should check it out....lots of help over there. And new friends who think the same

Atc MARILU: do we need to eat proteins at each meal? I trained a lot and when I go to restaurant it's not always easy to be vegan and have proteins

MariluHenner GETTING HEALTHY IS NOT ABOUT MEASURING, WEIGHING, COUNTING, THE FATS, THE CALORIES, CARBS OR POINTS, OF THE SAME OLD CRAPPY FOOD!

nicklilly any advice on fibromyalgia?

Silas ok, thanks!

Guest23743 Dr. Barnard, what is the connection between diet and Cancer?

MaryBeth Deb, sometimes it takes a while for everything to clear out of your system. You could still be detoxing

rnmomof2boys My sons school makes us take a doctor note to show that he can't have milk and needs water instead.

Atc no I should I just start the 21vegan kick starts

debdeb54 thanks MB

Roslyn A movie with Dr. T. Colin Campbell and other well known names will be coming out this summer FORKS OVER KNIVES, this may help people see what we are doing and why. There will also be a book with the same name by Dr. Campbell and Dr. Pam Popper.

Atc MARILU: do we need to eat proteins at each meal? I trained a lot and when I go to restaurant it's not always easy to be vegan and have proteins

Dr.\_Neal\_Barnard *FOR FIBROMYALGIA, MANY PEOPLE DO WELL TO AVOID TRIGGER FOODS: DAIRY, SOMETIMES SULFITES (USED ON NONORGANIC SALAD BARS)*

MplsMom I plan to eat fish, veggies (no sauces), soups, salads, there's always hard boiled eggs, oatmeal, pasta, chicken

rnmomof2boys Okay, 1 month later of vegan eating and my acne is worse. What gives?

MariluHenner ALICIA237, SO MANY PEOPLE DO NOT MAKE THE CONNECTION BETWEEN WHAT THEY EAT AND HOW THEY FEEL

MariluHenner THERE IS SUCH A BLIND SPOT

MaryBeth ATC, you need to come play with us! We talk about this stuff a lot at Marilu.com and we get together in restaurants too whenever we can

Alicia237 Atc - GREAT recipes and encouragement on the 21-day Kickstart

Dr.\_Neal\_Barnard *MY BOOK, FOODS THAT FIGHT PAIN, HAS A CHAPTER ON FIBROMYALGIA.*

rnmomof2boys However, I had bumps on my arm that disappeared.

Silas another good vegan book-the Engine 2 Diet!! Rip Esselstyn rocks!

Guest31643 I got kicked out! Anyone know if he answered the Lyme question?

MariluHenner PEOPLE DON'T WANT TO GIVE UP WHAT THEY CONSIDER TO BE "COMFORT FOODS"

MariluHenner EVEN WHEN IT MAKES THEM UNCOMFORTABLE

Atc yes I love it!

Alicia237 Silas - true!

nicklilly thank you!

Silas alicia-great recipes for beginner vegans!

MaryBeth Oh Dr. Barnard, that's good to know. My MIL has had that for years

Atc MARILU: do we need to eat proteins at each meal? I trained a lot and when I go to restaurant it's not always easy to be vegan and have proteins

MariluHenner ARE ANY OF YOU GOING TO BE ON THE TASTE OF HEALTH CRUISE IN A FEW WEEKS?  
 Atc MARILU: do we need to eat proteins at each meal? I trained a lot and when I go to restaurant it's not always easy to be vegan and have proteins

Guest23743 Foods that Fight Pain is my bible.  
 chelo I have a question about the sphincter muscle. It seems that it doesn't get a great workout on the Vegan diet. Is that good or bad?

debdeb54 nope  
 Dr.\_Neal\_Barnard *IF YOU HAVE LOTS OF EMAIL FRIENDS, CAN YOU PLEASE LET THEM KNOW ABOUT THE KICKSTART PROGRAM?*

Alicia237 Marilu - I know....I continue to speak gently to them, because I KNOW that how we eat could help them.

Silas seriously chelo...stop

MariluHenner ATC, WE ARE OBSESSED WITH THE IDEA OF PROTEIN IN THIS COUNTRY  
 MariluHenner IT'S CRAZY  
 Atc I did it  
 Alicia237 It is all baby steps.  
 rnmomof2boys And, my dad has precancerous polyps at 50. I said, maybe you should have less red meat, he said, "no, I like it, I'll just keep getting them removed every six months".

MariluHenner YOU HAVE ON ONE HAND PEOPLE TALKING ABOUT PROTEIN, PROTEIN, PROTEIN AT EVERY MEAL

MaryBeth Oh mom of 2 that's so sad for him  
 Guest90936 When I'm out with other people, I simply order what I want- I was only questioned recently when I ordered stir fried vegetables and brown rice- everyone wanted me to eat the meat/seafood based dishes, but I simply told them I was very happy and comfortable eating what I was eating- I initially took some ribbing, but my comfort with my choice basically ended the discussion.

chelo I posted the info on my group ---vegetarianspice  
 Atc Is it necessary at EACH meal... I mean i trained 90mn a day... I don't want to feel weak

MariluHenner AND ON THE OTHER HAND TALKING ABOUT INFLAMMATION AND JOINT PAIN AND BAD STOMACHS AND GASTROINTESTINAL DISTRESS

MariluHenner PEOPLE DO NOT MAKE THE CONNECTION  
 Guest42656 That is the way I grew up.... so much animal protein.... I have felt so much better the past years that I have stopped!

Alicia237 I don't understand how people do not think that what we do 3 times a day (eat) has no affect on us. They would rather take a pill than change  
 Atc do we need to eat proteins when we work out a lot??  
 Silas vegan diet = lower health care costs!!  
 MaryBeth My SIL has been on Atkins for years. Still overweight and I can smell her breath even when she's facing the other direction.

MariluHenner SO DR. BARNARD, WHAT'S THE LATEST ON SOY?  
 Atc do we need to eat proteins when we work out a lot??  
 Dr.\_Neal\_Barnard *SOY IS SOMETIMES A CONTROVERSIAL SUBJECT. BUT SEVERAL NEW STUDIES SHOW THAT IT HELPS PREVENT BREAST CANCER--REDUCING THE RISK BY ABOUT 30%.*

Alicia237 MaryBeth - ew....

Atc do we need to eat proteins when we work out a lot??

chelo Are there any nationalities that are more Vegan than others?

rnmomof2boys Oh jeez MaryBeth, what must her organs look like?

MaryBeth Silas, that's for sure. No more over the counter symptom disguisers !

Alicia237 Atc - Check out Brendan Brazier's The Thrive Diet

Dr.\_Neal\_Barnard *AND THEN THE QUESTION WAS WHAT ABOUT PEOPLE ALREADY DIAGNOSED WITH CANCER....*

debdeb54 I made the connection I couldn't stand all that GI distress. After a day or so it really started to clear up

Silas no more pills to substitute for a crappy diet!

marta26 my husband is making this really hard or me he says "everyone has eaten meat and dairy products and they are fine.. your kids NEED dairy.. there's a reason why people eat this way"

Atc Thanks alicia! But it's really expansive...

Atc still I wonder if i need proteins at each meal...

chelo breast feeding reduces the risk of breast cancer.

Dr.\_Neal\_Barnard *JAMA JUST PUBLISHED A NEW STUDY OF 5,000 WOMEN WITH BREAST CANCER. THOSE WHO HAD SOY PRODUCTS DAILY HAD A 30% REDUCTION IN RECURRENCE, WHICH IS GOOD. SO IT LOOKS LIKE SOY IS FINE.*

Alicia237 Every plant has a bit of protein, and we don't need as much as everyone thinks

MaryBeth I'm a 10 year cancer survivor and no one would ever convince me that there's no connection between diet and health!

Guest70441 Is the soy problem related to the over processing in some of the products?

Atc ok

Alicia237 MaryBeth - AWESOME!!!

Guest90936 Don't dark leafy greens provide great sources of protein?

cyn protein does not build protein but is necessary for the body...carbs give you energy and help with muscle contractions used when lifting

MplsMom Marta, you could mix soy, rice, or almond milk into the regular milk container

MaryBeth Thank you Alicia!

Guest23743 Cancer is lower in vegans?

MariluHenner ATC, I'M SURE IF YOU ARE FOLLOWING A VEGAN DIET WITH PLENTY OF BEANS AND GRAINS, YOU DO NOT NEED PROTEIN AT EVERY MEAL

Alicia237 Atc - Balanced diet with lots of variety....

MariluHenner EXACTLY ALICIA

Silas good question---is cancer occurrence lower in vegans?

Atc thanks everyone

Guest1588 coconut oil has been controversial, What do you all think of it?

marta26 oh.. guess that's a good idea

MariluHenner AS I SAID BEFORE WE ARE OBSESSED WITH PROTEIN IN THIS COUNTRY, AND WE HAVE THE DISEASE TO PROVE IT

Dr.\_Neal\_Barnard *SOY IS TOTALLY OPTIONAL, OF COURSE. THERE ARE MANY WAYS TO FOLLOW A HEALTHY VEGAN DIET: A MEDITERRANEAN PATTERN, A LATIN AMERICAN PATTERN, AN ASIAN PATTERN, ETC. SOY IS REALLY PART OF AN ASIAN TRADITION.*

Atc I have to quit... is the next chat only next week?

Silas right, osteoporosis.

Guest6312 So what happens to people who already have cancer, can changing your diet save your life

Guest70441 Is there a good resource about food combining that you could recommend?

MariluHenner VEGANS HAVE LESS CANCER THAN PEOPLE WHO EAT AN ANIMAL DIET

Dr.\_Neal\_Barnard *VEGAN CHILDREN HAVE A HUGE ADVANTAGE, TOO.*

Atc is there a place where we can chat we people... it's a really help for me

Silas marilu-do you know what the numbers are? statistically

MaryBeth My friends son has a vitamin d deficiency at 16. Their doctor said he sees a lot of it in young people lately. Why would that be?

patti Atc, there are two more! Next tuesday, and the following one, as well.

MariluHenner GUEST6312, MY HUSBAND WAS DIAGNOSED WITH 2 CANCERS RIGHT AFTER WE STARTED DATING

Dr.\_Neal\_Barnard *VEGAN CHILDREN ARE MORE LIKELY TO KEEP A HEALTHY BODY WEIGHT.*

Atc ok...

chelo are vegan children smarter?

Alicia237 Atc - good luck!!!

Alicia237 I'm on twitter aliciam237

penelope I am from El Salvador and we cook a lot of vegan Latin food at home like beans, corn tortillas and plantains.

MariluHenner AND BY CHANGING HIS LIFESTYLE - CHANGING HIS "NORMAL" - GOING VEGAN..

HealthfulJill Have you ever heard of anyone in the US suffering from too little protein? The disease has a weird name but no one knows it because no one has it. Our country suffers from too much protein!

MplsMom MaryBeth, the kids sit in the house and play video games, no sunlight

Guest90936 What are your thoughts on cooking at lower temperatures/ raw type vegan diets?

MariluHenner HE'S BEEN IN REMISSION NOW SIX AND A HALF YEARS

Silas higher IQs in vegs

Atc im not but i will try to find you

Cherri my husband cured his gout and i cured my recurring UTIs w/ a vegan diet. we will be raising our kids vegan also...

marta26 my kids are super skinny.. will they get even more skinny??

Atc thanks MARILU for the advices!!! ACDBzIR

MariluHenner WE ARE DEFINITELY HAVING A CHAT EACH TUESDAY OF THE KICKSTART PROGRAM

Atc and everybod

Alicia237 Atc - and Silas - there was just an article about smart vegan kids

Dr.\_Neal\_Barnard *TO CHELO....VEGETARIAN CHILDREN HAVE A MUCH HIGHER IQ, ON AVERAGE, BUT THAT COULD BE IN PART DUE TO BETTER EDUCATION, ETC.*

MaryBeth No Marta, I would doubt that they would be anything but a healthy weight on a healthy diet

Guest23743 Yessss, the vegan diet helps fight Cancer!

Glenda my niece just had a perfect baby and got total crap her whole pregnancy over being Vegan! the baby was normal weight and his skin is not pimply! she did not gain hardly any weight! Amazing!! what a difference!

MariluHenner MARTA, YOUR CHILDREN WILL LOOK LIKE THE ANIMALS THEY WERE MEANT TO BE. THAT'S WHAT HAPPENS WHEN YOU HONOR THE HUMAN DIGESTIVE SYSTEM.

Atc be careful with I.Q. study, I'm studying in neuropsychology and there's a lot of untruth with I.Q. study

MariluHenner GLENDA, I KNOW - THAT'S WHAT HAPPENED WITH ME AS WELL  
chelo sure--smarter parents. I am sure there is a relationship between breastfeeding and IQ.

Alicia237 <http://www.sciencedaily.com/releases/2006/12/061215090916.htm#>

Atc but I agree probably smarter parents

cyn someone should say that children fill up quickly on a vegan diet because of the fiber...and it can lead to vitamin deficits...a parent should really stay on top of their diet

MariluHenner PEOPLE COULD NOT BELIEVE I WASN'T GOING TO DRINK MILK WHEN I WAS PREGNANT

marta26 ok.. they are healthy.. but you know mothers in law.. let them eat WHATEVER they are soooo skinny

patti Atc, there is a Community Forum on the Kickstart website. You can find the link on the homepage.

Krissie marilu, i had low iron even to the point the dr thought i was having a heart attack. will a vegan diet get my iron up and back on to a healthy life?

MariluHenner AND I ALWAYS SAY THE REASON MY PREGNANCIES WERE SO GOOD AND EASY, AND THE BIRTHS WERE SO EASY --

Guest6312 I'm a mother in-law and I don'

Glenda family can give more crap than the plumber has to play in for sure!!!

MaryBeth Don't get me started on the MIL who would try to give my son sugary juice when he was an infant so she could fill him up because she thought I was immoral for breastfeeding

MariluHenner I ALWAYS SAY THERE WAS NO MUCUS TO HOLD THE KIDS BACK!

Dr.\_Neal\_Barnard *IT'S IMPORTANT TO BE SURE TO HAVE A SOURCE OF VITAMIN B12. IT COULD BE FORTIFIED FOODS--SOYMILK, CEREALS, ETC.--BUT ANY COMMON MULTIPLE VITAMIN WILL DO THE TRICK.*

Guest33058 hahaha, marilu  
chelo when the child breastfeeds the brain is growing, and the whole body is not poised to digest solid food. A lot of parents put their kids on formula and solid foods way too early.

Glenda thats a good one

MariluHenner KRISSIE, POOR IRON USUALLY COMES FROM TOO MUCH MEAT AND SUGAR

MplsMom Jill, the only person I have ever met who was sick from no animal protein was the Yogi on the cruise. He wanted to be Vegan, but had to add animal protein to his diet after he got very ill. He eats as very little as possible of it now.

Guest63087 Any tips on Food combining?

MariluHenner YOU TEND TO CRAVE BOTH, IN PAIRS

Krissie i do. that is so weird

Guest6312 I'm a mother in-law and my grandchildren eat carrots & fruit nothing processed!

MariluHenner THAT'S TRUE CHELO

chelo Trader Joe's sells a separate B12 vitamin.

HealthfulJill Jill, interesting. I liked Yogi Desai.

nicklilly why do i crave bread?

Guest1588 coconut oil? good or bad?

Krissie i am going thru withdrawals on sugar but eat lots of apples and bananas

MplsMom Yes, Yogi Desai

MaryBeth Guest 6312, a good MIL like you is SUCH a blessing!

Guest23743 PCRM rocks! Check out [www.pcrm.org](http://www.pcrm.org)

Guest77387 there should be more education about all the antibodies we produce to milk - our bodies totally fight it and don't want it - and there are so many diseases that it contributes to from childhood diabetes to rheumatoid arthritis and heart disease

MariluHenner AND TO ANSWER YOUR SPHINCTER QUESTION CHELO - YOU WERE PROBABLY PUSHING TOO HARD ON AN ANIMAL PROTEIN DIET

Alicia237 Guest6312 - You go, Grandma

MariluHenner SO GOOD THING IT'S NOT GETTING TOO MUCH OF A WORKOUT

marta26 oh that's nice, mine does though..she told me to "not believe everything i read" when i told her my kids were going vegan with me

MariluHenner IT'S SO FUNNY... YEARS AGO I WAS ON ROSIE O'DONNELL TALKING ABOUT MY CHAPTER IN MY TOTAL HEALTH MAKEOVER BOOK

Krissie i like to run and bodybuilding will a vegan diet be a good combination with this type of workout

MariluHenner A CHAPTER CALLED "WHAT'S THE POOP"

MariluHenner AND THEY COMPLETELY BLEEPED ME OUT

Alicia237 Marilu....HAHAHA!

MariluHenner AND NOW, OPRAH'S ON TALKING ABOUT IT ALL THE TIME

MaryBeth That Rosie...! Such a prude.

Guest23743 A plant-based diet insures healthy poops!

Guest33058 i remember that

MariluHenner SO YOU CAN SEE WE'VE COME A LONG WAY

Guest6312 What is the best way to build your blood without liver (YUK)

MariluHenner I ALWAYS SAY MY BUMPER STICKER WOULD SAY "FLOATERS NOT STINKERS"

Dr.\_Neal\_Barnard *NO NEED FOR FOOD COMBINING FOR ALL PEOPLE. BUT IF IT MAKES YOU FEEL BETTER (1) MENTALLY OR (2) DIGESTIVELY, THEN IT'S OKAY TO FOLLOW FOOD COMBINING.*

Alicia237 On PBS - they have a song..."Every dinosaur poops"

MariluHenner GUEST6312, THAT IS SO FROM THE 50'S  
 nicklilly why do i crave bread like some people do booze?  
 HealthfulJill Lots of greens (kale, broccoli, bok choy) are great for your blood.  
 MariluHenner WHEN PEOPLE THOUGHT YOU HAD TO HAVE A BLOODY PIECE OF MEAT  
 Alicia237 nicklilly - white processed sugar, baby  
 MariluHenner YES, GREENS ARE GREAT FOR YOUR BLOOD  
 MplsMom nicklilly-my DH eats SOOOO much bread. I wonder if he isn't actually allergic to it....  
 MariluHenner NICKLILLY, IT'S THE SPIKE IN INSULIN  
 Guest23743 Green and Beans!  
 MaryBeth Nicklilly if I were doing that I would try to go gluten free and see what happens  
 Glenda soooo the last 21 day kickstart a message was left on my phone that said to eat  
 coconut water for a treat! is that literally the juice inside the coconut!!  
 nicklilly i panic if i run out  
 MariluHenner IT MAKES YOU FEEL COMFORTABLE  
 MariluHenner IT'S SOME CONNECTION TO YOUR PAST  
 Guest19751 I have a question about Vitamin D. I drink fortified soy milk but didn't take a  
 multivitamin and I live in the north. I was extremely Vit D deficient. Is a  
 supplement the only solution?  
 MariluHenner AND YOU PROBABLY HAVE A SLIGHT ALLERGY, BECAUSE WE TEND TO CRAVE THE  
 THINGS WE'RE ALLERGIC TO  
 Dr.\_Neal\_Barnard *A QUICK REMINDER: IF YOU HAVE NOT YET JOINED THE KICKSTART PROGRAM--OR  
 IF YOU HAVE FRIENDS WHO WOULD BENEFIT FROM IT--PLEASE GO TO  
 WWW.PCRM.ORG. WE HAVE MORE THAN 20,000 PARTICIPANTS IN THE PROGRAM  
 THAT STARTED YESTERDAY!!*  
 nicklilly ok  
 Guest63087 I no longer have a gall bladder..... Bad old habits.... What are some Ideas to help  
 compensate for the reactions I now experience since the surgery?  
 MplsMom nicklilly---so does my husband!!!!  
 MariluHenner GUEST19751, SUNLIGHT IS ALSO IMPORTANT  
 Alicia237 That is AWESOME Dr. B!!!  
 nicklilly so hard to not eat i feel as if i'm going insane  
 Guest77387 did anyone see Mercola on Dr Oz last night - I was horrified - does Oz not know that  
 he is working for the beef and dairy lobby?  
 Guest23743 PCRM rocks! [www.pcrm.org](http://www.pcrm.org)  
 Guest33058 20,000 in one day? amazing! how many total??  
 MariluHenner WE HAVE LOST A LOT OF OUR VITAMIN D BECAUSE OF ALL THE SUNBLOCK  
 MariluHenner BUT YOU SHOULD DEFINITELY SUPPLEMENT IF YOU'RE NOT GETTING ENOUGH  
 SUNLIGHT, OR FROM YOUR FOOD  
 Guest90936 Thanks for all the tips and info, everyone. Much appreciated!  
 Glenda Well here in Needles, we have plenty to share with YOU all!!  
 MariluHenner AND WE NEED VITAMIN D EVERY DAY  
 MaryBeth I didn't see Dr. Oz but I could definitely see Marilu and Dr. Barnard having a show  
 together. THAT would be must see tv.

Dr.\_Neal\_Barnard *THE KICKSTART LASTS FOR 21 DAYS. SO NOW'S THE TIME TO JUMP IN. WE HAVE 20 DAYS LEFT*

marta26 i have the same problem with carbs..but my heart rate goes really up... it feels weird.. but i still crave them.. i have to remember how i feel to resist the craving

HealthfulJill I think bread cravings are similar to sugar and alcohol cravings. You could have an overgrowth of yeast in your body which feeds on those foods. Eating animal products makes you crave sugar, bread, alcohol.

Guest19751 Marilu, sunlight doesn't help much it seems, though I've read otherwise. I walk a lot but it doesn't make a difference. Maybe it's the bundles in winter and sunscreen in summer?

MariluHenner SO DR. BARNARD, WHAT ARE THE BIGGEST CHANGES YOU'VE SEEN IN THE LAST FIVE YEARS IN THE HEALTH INDUSTRY?

Alicia237 MaryBeth - true MustSee TV!!

Guest23743 Yes, tell all your friends and family.... [www.pcrm.org](http://www.pcrm.org)

Guest19751 Thanks Marilu

Guest33058 how many people have joined the kickstart in total so far??

MariluHenner I KNOW ACCEPTANCE OF A VEGAN LIFESTYLE HAS GROWN EXPONENTIALLY IN THE LAST 5 YEARS

Dr.\_Neal\_Barnard *MORE AND BETTER FOOD PRODUCTS ARE AVAILABLE, AND RESTAURANTS ARE NOT BATTING AN EYELASH ANYMORE!!*

Guest1588 do we need to avoid high fat vegan foods: peanut butter, avocados, coconut oil

MplsMom wearing sunglasses affects the amount of Vitamin D your body takes in from the sun (heard that somewhere...)

MirthGirl I've got a big unused jar of coconut oil in my fridge I've no idea what to do with!

MaryBeth Dr. Barnard, that's very true. I've never had a problem in ANY restaurant from greasy spoon to five star....it's very possible to get a delicious healthy meal anywhere

MariluHenner I KNOW, I USED TO HAVE TO GO INTO RESTAURANTS AND SAY THAT I WAS ALLERGIC TO EVERYTHING

MplsMom MirthGirl, I put coconut oil in my smoothie every day. you can fry with it...

Roslyn You can use the coconut oil as a skin cream!!!

MariluHenner AND THAT I WOULD PROBABLY DIE IF THERE WAS ANY DAIRY IN MY FOOD

Guest63087 Put the coconut oil on your skin! use it in cooking !

MariluHenner BUT NOW I DON'T HAVE TO DO THAT

Guest33058 yay!

MariluHenner THE WORLD IS DEFINITELY CHANGING

Guest77387 is acidophilus safe? as in casein free and milk protein free?

chelo Put it on freecycle.Someone will take it.

MariluHenner ALTHOUGH FOR EVERY TIME YOU SEE A GOOD ARTICLE ON A HEALTHY LIFESTYLE, THERE IS SOME BIG BUSINESS ARTICLE THAT TRIES TO ATTACK IT

MirthGirl I put it in a smoothie and didn't really enjoy the remaining solid bits. But I will try cooking more with it

marta26 what about the things that say "it could contain traces of milk..."

Guest6312 Why isn't Christina Cooks in this program

Guest23743 And, there are amazing vegan cookbooks!

MaryBeth Jill I wear sunglasses only if they look cute with what I'm wearing and I don't wear sunblock either. Dark eyes and skin can make you forget about them

patti Mirthgirl, you can use it on your skin as moisturizer!

MariluHenner GUEST77387, THAT'S GREAT THAT YOU FOUND AN ACIDOPHILUS THAT'S CASIEIN FREE AND MILK PROTEIN FREE

Guest63087 Marilu... that means we just need more businesses to become Vegan!

HealthfulJill I love coconut oil. Cook with it, put on dry feet, use on face, great to cook popcorn in.

MplsMom MirthGirl-Ah.....what you need is a VitaMix! That will solve the chunky problem

Alicia237 Marilu - true! That is one reason why certain people in my life think I am harming my family.

MariluHenner THE HEALTH COMMUNITY IS FINALLY WORKING TOGETHER

MirthGirl True patti, I just already have so much moisturizer; I bought it to ingest and just kinda ran out of ideas

MariluHenner BEFORE IT WAS ALL THESE LITTLE MOM AND POP STORES AND PEOPLE

MariluHenner AND THE TRUE CRUSADERS ARE FINALLY JOINING FORCES

Alicia237 Guest63087 - Good point!!!!

Dr.\_Neal\_Barnard *THE MOST AMAZING THING IS THAT CONGRESS IS NOW CONSIDERING VEGETARIAN AND VEGAN OPTIONS FOR CHILDREN IN SCHOOL. IT WOULD MAKE KIDS SO MUCH HEALTHIER. PLEASE CALL CONGRESS AT 202-224-3121, AND TELL THEM YOUR CITY, AND THEY'LL PUT YOU THRU TO YOUR REPS OFFICE. ASK THEM TO SUPPORT THE NEW BILL CALLING FOR MORE VEGETARIAN OPTIONS IN SCHOOLS.*

MirthGirl Thx MplsMom - I'll put it on the list when I can

Glenda well sunglasses are a source of problem! You need to take glasses off 10 mins of each hour we are told here! there is a sensor in the back of the eye that lets the body know you are ingesting the sun! Puts out a call to your body to protect against the harmful rays and to take in the nutrients from the sun! Is that accurate Dr B. We have excessive sun here! and kids aren't developing that guard for the sun from pare

Glenda their cute sunglasses...

MariluHenner ALICIA, PEOPLE USED TO LOOK AT ME LIKE I WAS CRAZY

veganhomemaker mirthgirl, get a blendtec blender

MariluHenner BUT I NEVER MINDED BEING ODD MAN OUT BECAUSE I KNEW I WAS ON TO SOMETHING

MirthGirl Do you think Jamie Oliver is also helping push these ideas forward?

Guest63087 Yes, I was able to get my daughters school to make Vegan Options!

Guest10278 MirthGirl - coconut oil is an excellent moisturizer. I put it on my hair before shampooing to make it nice 'n silky.

MariluHenner I WAS ON TO REALLY GOOD INFORMATION THAT WAS GOING TO CHANGE MY LIFE

Guest33058 thank you dr. barnard. will do.

Guest6312 Will a vegan diet help with menopause?

MariluHenner AND I DID NOT HAVE TO TURN OUT LIKE MY PARENTS DID

Guest23743 Yes, we need to support the Healthy Vegetarian Lunch Program in our schools!!!!

marta26 what about the things that say "it could contain traces of milk..."

MariluHenner MY MOTHER WAS SO CRIPPLED UP WITH ARTHRITIS AT MY AGE, AND ON A WALKER

Dr.\_Neal\_Barnard *BTW, YOU CAN JOIN US ON FACEBOOK AND TWITTER--THE 21-DAY VEGAN KICKSTART!*

MaryBeth Guest 6312....I think I MUST be hitting menopause by now...but no symptoms. It's great

Guest63087 Great Idea... thanks

Guest23743 Childhood obesity is a HUGE problem!!!!

MariluHenner YES, WE CHANGED OUR SCHOOL LUNCH PROGRAM AT MY KIDS' SCHOOL

Guest77387 marilu you have a good chance of arthritis not being a problem for you - my mother had the same and I am convinced not eating animals will prevent this dread disease

MaryBeth Childhood obesity is heartbreaking!

Guest63087 No Menopause symptoms here either.... It must mean... we are normal

Guest31643 I didn't get as many issues with lyme disease as most people who've had it as long as i have because I eat this way

MariluHenner AND WHEN WE WENT TO REP. GEORGE MILLER'S OFFICE TO TALK ABOUT THE CHILD NUTRITION ACT

MaryBeth I agree...I don't think we were meant to be miserable at any time of life

Alicia237 Marilu - that is why I continue to hold firm. I know I feel better - so does my family, and my kid is off the charts for growth. No looking back!!!

MariluHenner HE USED OUR SCHOOL'S GUIDELINES AS A TEMPLATE

MariluHenner YES ALICIA, STAY THE COURSE!

Guest23743 Yes!!!

MariluHenner DON'T BE AFRAID TO BE DIFFERENT

Alicia237 Thanks!

debdeb54 I agree about the blendtech they ROCK!

MariluHenner YOU CAN CHANGE PEOPLE'S LIVES WHEN YOU AREN'T AFRAID TO STAND UP FOR HEALTH

Dr.\_Neal\_Barnard *YOU WERE SO INCREDIBLE, MARILU, BOTH WITH REP. MILLER, AND ON THE TV NEWS. YOU REALLY WERE MAGNIFICENT.*

Guest6312 I agree

MariluHenner WE ONLY HAVE A FEW MORE MINUTES, AND I WANT TO BE SURE YOU KNOW WE WILL BE DOING THIS NEXT TUESDAY AS WELL

Alicia237 You have been fabulous!!!!

Guest63087 Thanks for your time and all you do!

Carrie Here are the links to the Kickstart on Facebook and Twitter!  
<http://www.facebook.com/21DayKickstart> and <http://twitter.com/DoctorsCare>

nicklilly i'm really a horrid cook how hard is all this?

chelo Check out [www.wastedfood.com](http://www.wastedfood.com) to see what is really happening with our food in the schools, institutions etc.

MaryBeth But we're doing this again next week right? It's so fun to talk to like minded people isn't it?

Alicia237 Dr. B - just called the rep's office!!!

HealthfulJill Looking forward to next Tuesday!!

Guest63087 Thanks

Guest69006 Thanks so much for all the encouragement!

MariluHenner NEXT TUESDAY, MARCH 9, WE WILL BE DOING THE CHAT AT 10 PM EASTERN/7 PM PACIFIC BECAUSE WE WANT TO TRY AN EVENING CHAT

Glenda Doc why don't you get Marilu on the Powerful Living Radio Show one week!!!

Alicia237 nicklilly - not hard. Fresh veggies, fruits and grains!

Guest6312 Thank you for trying to answer eveything!

Dr.\_Neal\_Barnard *TAKE A LOOK AT PCRM'S NEW "POWER PLATE" WHICH REPLACES THE USDA PYRAMID. IT'S AT [WWW.PCRM.ORG](http://WWW.PCRM.ORG) . SO MUCH MORE SENSIBLE THAN THE OLD PYRAMID.*

Guest77387 Dr Barnard in the future can we get something to post at the health food store to advertise the Kickstart?

Alicia237 Recipes on PCRM.org

marta26 so in spain no chat..

MariluHenner NEXT TUESDAY IS MY KICKSTART DAY

MariluHenner SO I WILL HAVE RECIPES AND TIPS

Glenda Keep the faith and share the wealth of Healthful Living!!!!

nicklilly thanks all!

MariluHenner AND THAT EVENING I WILL BE CHATTING WITH YOU RIGHT HERE

debdeb54 I flew through menopause not one side effect

Alicia237 nicklilly - check out your library for books, too

MirthGirl I'm trying to fit all this new food into my budget, so I'm starting bit by bit

MariluHenner UNTIL THEN, JUST REMEMBER - NOTHING TASTES AS GOOD AS HEALTHY FEELS

Guest69006 Love the power plate- but wish it printed out the lists to show to patients in a complete format.

MariluHenner NOTHING!

parshy we can also email our reps.. mine always reply.

Alicia237 MirthGirl - dried beans are less expensive...good luck

MirthGirl Good to know about the menopause - methinks I'm on my way

Guest77387 are you both caffeine free?

MariluHenner TO BE ABLE TO WALK AROUND IN YOUR BODY, CONFIDENTLY

MaryBeth Me too Deb. No weight gain, no hot flashes and any extra "witchiness" has more to do with my husband getting older than with me. ha ha

MariluHenner KNOWING THAT YOU ARE BEING YOUR BEST

Alicia237 Thanks, Marilu - you are inspiring

Guest23743 Thank you Marilu and Dr. Barnard!

craftycat70 Thank you so much Dr. B and Marilu for taking time out of your busy schedule to give us support!

HealthfulJill In Japan, they don't have a word for "menopause." No meat, dairy, lots of veggies, grains and miso soup is why.

parshy thanks, Marilu and all.. Lots of info..

MirthGirl Thx Alicia - my dad is vegan, so I can share with him! He's a big bean eater

Alicia237 Thanks Dr. B for taking time to chat...

MariluHenner AND THAT EVERYTHING IN YOU ISN'T FIGHTING BECAUSE OF THE FOOD THAT YOU EAT --

MariluHenner IS AN INCREDIBLE FEELING

Alicia237 Ah...good luck on your journey, MirthGirl

MariluHenner THERE IS NOTHING MORE THAT I LOVE THAN TALKING ABOUT HEALTH!

MirthGirl Thank you

MariluHenner I HOPE I WILL SEE MANY OF YOU NEXT WEEK

MariluHenner TUESDAY EVENING

Betsy thanks, Marilu!!

Glenda Enjoy the Day Everyone

nicklilly bye till then

MariluHenner 10 PM EASTERN, 7 PM PACIFIC

MplsMom Gotta run....nice seein' ya Jill...

marta26 thank you!

MirthGirl Thank you Marilu and Dr. B

MaryBeth Thank you Marilu and Dr. Barnard.

HealthfulJill Thanks, Marilu!

HealthfulJill Bye Jill

MariluHenner WE DESIGNED IT THAT WAY SO NOBODY HAS TO MISS "AMERICAN IDOL"

MplsMom Thanks Marilu and Dr. Barnard.

Dr.\_Neal\_Barnard *THANKS! TO ADVERTISE THE KICKSTART, WE CAN SEND YOU A POSTER. EMAIL JILL AT JECKART@PCRM.ORG. THIS HAS REALLY BEEN FUN, AND I APPRECIATE EVERYONE GETTING THE WORD OUT SO WELL!*

MariluHenner BECAUSE I WATCH TOO

Roslyn Thanks to everyone for the tips and time. Thanks to PCRM for all the great things you do!!! Marilu, keep up the great work, too.

MariluHenner SO SPREAD THE WORD!

MaryBeth Jill and Jill....get your heads together. We need to see the two of you teamed up at Marilu.com again !!!!

MariluHenner THANK YOU SO MUCH, DR. BARNARD!

MariluHenner THANK YOU ROSLYN

Alicia237 MaryBeth - nice chatting with you

Dr.\_Neal\_Barnard *THANK YOU, MARILU! YOU'RE THE BEST!*

HealthfulJill The Jills need to team up again!

MaryBeth Same here Alicia !!

MplsMom Maybe we should do a class from the cruise... Maybe the next one.

MplsMom How about that Jill? Marilu? That would be fun.

MariluHenner OK YOU GUYS! SEE YOU NEXT TUESDAY HERE AT [WWW.MARILU.COM](http://WWW.MARILU.COM) !

Guest77387 bye and thank you