

**Marilu Henner Chat for PCRM's Vegan Kickstart Program
March 9, 2010**

MariluHenner HEY EVERYONE! I'M SO EXCITED TO BE HERE WITH ALL OF YOU!
Dez hi
JayO Hey Marilu!
bevtopeka Hi Marilu.
sandy520 Hello
MariluHenner I LIKE TO SPICE IT UP WITH THESE EVENING CHATS
Guest41701 sounds fun
MariluHenner AND WE PICKED THIS TIME BECAUSE IT DOESN'T INTERFERE WITH ANYONE'S
AMERICAN IDOL
Cyndi spice is good
MalindaD Great because I'm sleepy
MariluHenner HOW MANY PEOPLE WERE IN THE CHAT LAST TUESDAY?
sandy520 this is my first time
savannah this is my first time
MariluHenner IF YOU WERE - JUST SAY "I WAS! I WAS!"
Cyndi My first also
chris1223 Can I ask a question? - first timer
Dez first time also
MariluHenner WELL, WELCOME SANDY AND SAVANNAH
MariluHenner GOOD TO KNOW! I'M GLAD YOU WERE ABLE TO MAKE THIS TIME
RBenn I was
Guest41701 I tried, but couldn't figure out how to get on.
MariluHenner WELCOME BACK RBENN
MariluHenner IF YOU WANT TO CHANGE YOUR NAME, PUT IT AT THE TOP
RBenn thanks...and thanks to you
MariluHenner WHERE IT SAYS "TYPE YOUR NAME"
MariluHenner IT MAKES IT EASIER TO TALK TO YOU DIRECTLY IF I DON'T HAVE TO CALL YOU
"GUEST"
sandy520 is there a set topic or just free for all discussion
MariluHenner KIND OF BOTH, SANDY
MariluHenner BUT FIRST I WOULD LOVE TO ASK YOU ALL A QUESTION
MariluHenner AND THOSE OF YOU WHO ARE GAME, PLEASE ANSWER
MariluHenner HEY DD!
Dairy-Detester Hey Marilu!
MariluHenner OK HERE'S THE QUESTION
MariluHenner GIVE ME THREE ADJECTIVES DESCRIBING HOW YOU ARE DOING SO FAR ON THIS
PROGRAM
JayO awesome bad ass

debdeb54 excellent smoking hot

MariluHenner AND IT CAN BE EVERYTHING FROM EXHILIARATED, TO CONFUSED, TO ANGRY, TO DETOXING

Guest85240 definitely detoxing

sandy520 slow steady hard

MariluHenner .. TO SMOKING HOT! WHICH I LOVE DEB DEB

MariluHenner AND BADASS, EQUALLY GREAT JAYO

debdeb54 I started early I am past that part

Vickie Detoxing, no weight loss yet...too many words...sorry

debdeb54 thanks

MalindaD light, cranky, and sad

MariluHenner I JUST ALWAYS LIKE TO TAKE A TEMPERATURE AND SEE HOW PEOPLE ARE DOING

MariluHenner THAT'S OK VICKIE

MariluHenner I TOO WAS LIKE THAT WHEN I FIRST STARTED

Harriet energized, happy and peaceful

MariluHenner MY BODY HOARDED BECAUSE IT WAS SO FOREIGN FOR ME TO BE EATING THIS WAY

Vickie Yes and I am in tears...

RBenn easy, interesting, gassy

sandy520 my body is definitely hoarding

MariluHenner IT TOOK ME A LONG TIME TO START LOSING THIS WEIGHT, BECAUSE I THINK MY BODY WAS REBELLING

JayO How long have you been vegan. Marilu?

MariluHenner BUT MY BRAIN DEFINITELY KNEW I WAS ON TO SOMETHING

MariluHenner SURE VICKIE IT'S HARD TO GIVE UP OLD HABITS

debdeb54 I have lost 20 pounds

betsy what is the biggest detox culprit?

bevtopeka Maybe that is my problem. I am a carb addict but my skin looks better when I go vegan.

MariluHenner I STARTED CHANGING MY LIFE JAYO IN 1979

MalindaD it seems as if everything has animal-derived products in it - from soap to desserts

MariluHenner I CONSIDER AUGUST 15, 1979, A WEDNESDAY, AS MY TRUE HEALTH BIRTHDAY

JayO Dang girl!

MariluHenner BECAUSE THAT'S WHEN I GAVE UP DAIRY PRODUCTS

MariluHenner MY FATHER DIED AT 52, WHEN I WAS 17, OF A HEART ATTACK

MariluHenner I BALLOONED UP TO 174 POUNDS

sandy520 Cheese is the hardest for me to give up, but I am definitely trying to stick with it

MariluHenner AND WHEN MY MOTHER DIED AT 58, OF ARTHRITIS, I KNEW IT WAS NO LONGER ABOUT MY WEIGHT --

MariluHenner IT WAS ABOUT MY HEALTH.

debdeb54 I struggled and struggled until i gave up the animal products and then it was such a relief and it has been easy

MariluHenner SO GETTING HEALTHY BECAME A PRIORITY

MariluHenner FOR ME BETSY, MY BIGGEST DETOX PROBLEM WAS DEFINITELY DAIRY PRODUCTS.
MariluHenner IT WAS CHEESE, JUST LIKE YOU SANDY
Vickie Yes getting healthy is a huge priority
MariluHenner MY SKIN BROKE OUT
MariluHenner BUT AFTER A WHILE, MY ENTIRE LIFE CHANGED
Harriet I sure understand the health angle, since I have eaten vegan for 10 years, but with a lot of junk food that I am not eating now
MariluHenner SO WHAT FOR ALL OF YOU HAS BEEN THE BIGGEST CHALLENGE?
MalindaD it seems as if everything has animal-derived products in it - from soap to desserts - HELP
MariluHenner OH SURE, MANY VEGANS EAT A LOT OF JUNK
debdeb54 my skin is much better and the post nasal drip is just about gone
betsy debdeb -- it's true -- it's easy if you totally commit
savannah not worrying about getting enough protein and calcium
sandy520 I definitely look forward to getting healthier, I don't want to be on high blood pressure meds for the rest of my life
debdeb54 eating all my meals
MariluHenner JUST BECAUSE YOU'RE VEGAN DOESN'T MEAN YOU'RE NOT PIGGING OUT ON A LOT OF DEVILISH FOOD
Guest85240 cheese
Harriet planning so I have healthy vegan foods on hand
chris1223 My biggest challenge is stomach pain
Vickie I am still trying to heal from a serious hip injury= my biggest trial
MariluHenner GOOD FOR YOU DEB DEB - YOUR HEALING CRISIS SOUNDS LIKE IT'S ABOUT OVER
JayO I agree Harriet
Harriet and eating breakfast, even when I don't feel hungry
MariluHenner SAVANNAH, IT'S SUCH A MYTH THAT WE'RE NOT GETTING ENOUGH PROTEIN BY EATING A VEGAN DIET
debdeb54 I have been very strict with myself
debdeb54 I agree harriet
DebbiM it's important not just to go vegan, but to eat a healthy plant-based diet
MariluHenner AND CALCIUM HAS MORE TO DO WITH ABSORPTION AND MAGNESIUM THAN IT HAS TO DO WITH CONSUMING DAIRY PRODUCTS
Guest93040 I have 2 teenagers at home who are not ready for this lifestyle, so I still have to prepare food they will eat at the same time I am adjusting to my new habits.
Orange_Girl Marilu, why did you stop eating fish?
RBenn Chocolate is a problem
savannah i don't eat soy so i am eating lots of beans
MariluHenner YES, DID YOU ALL READ MY TIPS TODAY?
DebbiM you can eat potato chips and oreos and be vegan
MariluHenner WELL OREOS USED TO HAVE BEEF FAT, DEBBI ... BUT LATELY THEY'VE STOPPED
chris1223 I did and I will try and chew until liquid

MalindaD some chips contain whey (milk)

Guest85240 i did

RBenn Sure did...made your mexican salad as well

Harriet I Loved your tips!!!

debdeb54 I can barely eat anything sweet anymore and I only eat fruit for my sweet

MariluHenner IF YOU HAVE TO HAVE A LITTLE OF SOMETHING AS YOU GO THROUGH ADJUSTING TO THIS LIFESTYLE, DON'T BE SO HARD ON YOURSELF

bevtopeka How can you tell if you are allergic to soy?

MariluHenner IT'S ALL A PROCESS

MariluHenner IF YOU READ MY TIPS TODAY, YOU KNOW THAT I REALLY DO BELIEVE THAT THERE IS NO SUCH THING AS "CHEATING"

Vickie Thank you for that release and permission

debdeb54 the only soy I get is the soy milk in my tea that is the only processed food I am eating

MariluHenner YOU ARE JUST CONSTANTLY EXPERIMENTING TO FIGURE OUT WHAT WORKS BEST FOR YOU

MariluHenner IT'S TRUE ... PERFECTION IS THE DEATH OF CREATIVITY AND HEALTHY LIVING

MalindaD since soy contains estrogen, is it bad for us to consume?

MariluHenner THERE IS SO MUCH INFORMATION ON SOY, SO LOOK THAT UP MALINDA

MariluHenner GO TO WWW.NOTMILK.COM AND THERE IS SO MUCH GREAT INFORMATION FROM NEAL BARNARD

Guest85240 thanks

MariluHenner IF WE ALL WORRIED ABOUT BEING PERFECT, WE'D NEVER LEAVE OUR HOUSES

chris1223 I am trying - I have been veg for 19 years and still suffer stomach pain. Dairy free 3 months. Constipation is an issue as is digesting beans

JillE Dr. Barnard recently posted the latest research on soy on huffington post!

MariluHenner THIS IS NOT SO STRINGENT THAT YOU CAN'T TRY DIFFERENT THINGS TO SEE IF IT WORKS FOR YOU

betsy It's great to have a role model like you who has overcome obstacles -- I hear so many people say they can't give up the cheese and it's so bad for you

MariluHenner WELL CHRIS, BEING DAIRY FREE WILL DEFINITELY HELP THAT

Vickie any specific healing food suggestions following serious injuries?

MariluHenner I KNOW BETSY I HEARD THAT FOR YEARS

MariluHenner WE ARE SO BRAINWASHED IN THIS COUNTRY ABOUT DAIRY PRODUCTS

MariluHenner VICKIE, A SERIOUS INJURY LIKE A BONE BREAK?

MalindaD are we supposed to eat when hungry or 3x to 5x a day

MariluHenner VITAMIN C IS CRUCIAL

MariluHenner ALSO A SUPPLEMENT CALLED OSTEOGENICS

RBenn I love the variety of recipes available! Haven't been hungry at all which I did not expect.

Vickie yes hip injury following a horrid car accident.

debdeb54 I prefer 3 meals

MariluHenner OR ANOTHER ONE, COLLEGENICA
 MalindaD i think i'm eating too much then
 MariluHenner DEB DEB, WHATEVER WORKS FOR YOU IS WHAT YOU'LL DO
 Jille hang in there vickie!
 Vickie Thank you very much!
 chris1223 I think I eat too much too
 josephgonzales injuries....cook with turmeric, ginger, curries, etc and lots of dark leafy greens,
 MariluHenner FIVE SMALL MEALS A DAY IS GREAT, BECAUSE IT WILL KEEP YOUR METABOLISM
 STOKED
 Harriet I eat 3 meals and 2 snacks and still lost 2 pounds
 debdeb54 its strange how much less i need to eat I used to be hungry all the time
 MariluHenner YOU SHOULDN'T EAT WHEN YOU'RE NOT FEELING HUNGRY OR "OOH THIS IS WHAT
 I WANT TO EAT"
 savannah i am surprised how not hungry i have been
 MariluHenner IF YOU IMPROVE THE QUALITY OF YOUR FOOD, THE QUANTITY TAKES CARE OF
 ITSELF
 MariluHenner YES, EXCELLENT JOSEPH
 josephgonzales turmeric and ginger high anti inflammatory
 Orange_Girl Why did you stop eating fish?
 MalindaD i'm stuck on the quantity will take care of itself
 MariluHenner ANOTHER GREAT THING FOR A SPRAIN.. YOU GRATE GINGER, PUT A LITTLE VODKA,
 MAKE A MASH, AND PUT IT ON THE INJURY WHILE IT'S STILL WARM
 Guest62743 Has anyone felt weak when they first gave up dairy or meat almost like
 hypoglycemia?
 MariluHenner THE MERCURY ISSUE HAS GOTTEN OUT OF CONTROL, ORANGEGIRL
 Harriet I only feel hungry right before I am ready to eat. It is a good feeling to satisfy with
 healthy food.
 MariluHenner I STILL OCCASIONALLY HAVE IT BUT VERY, VERY RARELY
 MalindaD i experienced headaches the first 3 days!!!!
 chris1223 No, I never did - just craved it
 josephgonzales in long term care units with bed sores and wounds they use argenine, vit C, and zinc
 JayO Marilu- I think you should do Dancing With the Stars!
 MariluHenner SURE, THE FIRST THREE DAYS MALINDA, THAT'S DETOX
 Guest82352 I don't think she can, because she's a professional dancer.
 Vickie She tried already Jayo..in case you forgot...
 josephgonzales try some raw walnuts, flax seeds (not too many) whole grains, veggies
 Orange_Girl Thanks for answering my ?
 MalindaD how long does detox last?
 MariluHenner YES JAYO I THINK SO TOO, BUT BECAUSE MY MOTHER TAUGHT BALLROOM THEY'RE
 WORRIED I HAD TOO MUCH TRAINING, EVEN THOUGH I NEVER HAVE
 Alicia237 62743 - No, just made sure to eat a varied, balanced diet. Try nuts...seeds, whole
 grains....

DebbiM I eat a really healthy plant-based diet, but after the first of the year got rid of added oil, nuts and avocados. Hard to do, but I feel great and have lost over 10 lbs. eating more than ever.

JayO I'll talk to the producers.

MariluHenner AVOCADO IS VERY GOOD FOR WOMEN OVER 40

Alicia237 Way to go DebbiM!

MariluHenner ESPECIALLY BECAUSE IT'S A GREAT PLANT FAT THAT HELPS YOUR BODY ABSORB VITAMINS

Alicia237 On the weight loss... couldn't give up my avocados...

DebbiM i love avocado....hated giving them up...

Alicia237 ;-)

MariluHenner BUT NUTS COOKED IN OIL ARE DEFINITELY SOMETHING THAT YOU SHOULD USE SPARINGLY

betsy I did not ever knowingly experience detox when I switched from a veg to a vegan diet, although I have gained a permanent five pounds :-)

savannah how about raw nuts

DebbiM hard to have veggie sushi w/o avocado

debdeb54 I don't eat avocados any more. I miss them but I have too much weight to loose so I am not eating them for the time being

MariluHenner IT'S ALL A JOURNEY, AND EVERYONE IS DIFFERENT

Guest82352 Betsy, you look marvelous darling!

MariluHenner BETSY MAYBE YOUR BODY IS STILL ADJUSTING

JillE raw nuts have the same saturated fat as cooked

Harriet I think some people don't take in enough calories because of the low calorie count of many fruits and veggies vs. what they are used to.

MalindaD but nuts taste good!

debdeb54 don't do nuts either

MariluHenner YES BUT COOKED NUTS MIGHT CAUSE MORE INFLAMMATION WHEN YOU'RE REALLY GETTING PURE

Alicia237 I give props to anyone doing anything for making themselves healthier.

MalindaD it seems as if everything has animal-derived products in it - from soap to desserts - HELP

debdeb54 I agree malinda but not for me yet

MariluHenner I AGREE WITH YOU HARRIET, MANY TIMES PEOPLE AREN'T EATING ENOUGH, AND THAT'S WHY THEY CAN'T LOSE WEIGHT

Orange_Girl What is better...ground flax seeds or flax seed oil?

MariluHenner ME TOO ALICIA

MariluHenner BRAVO TO ALL OF US TRYING TO GET HEALTHY!

Alicia237 Yes, Marilu! BRAVO!!! ;-)

JayO word

DebbiM i consume so much food and have still lost 10 lbs in 2 months

DebbiM i eat all day long

josephgonzales ground flax, but I rec buying the whole seed and grinding by self
MariluHenner WHAT'S GREAT ABOUT GETTING HEALTHY AND EATING A PLANT-BASED DIET IS THAT THERE'S A BASIC TEMPLATE, BUT THEN EACH OF US CAN TWEAK IT TO MAKE IT WORK FOR US
MariluHenner OK JAYO, I'M COUNTING ON YOU
Dez Amen to that, I'm trying to get healthy.
MalindaD what's the template?
Harriet I carry raw almonds and apples or bananas with me in my car for needed energy
MariluHenner WHATEVER YOU'LL EAT, ORANGEGIRL
chris1223 I love that advice – thank you.
josephgonzales flax is very volatile, meaning it becomes rancid easy
savannah do you recommend ground flaxseed daily
MariluHenner TEMPLATE MEANING A PLANT BASED DIET, CONCENTRATING MAINLY ON FRUITS AND VEGETABLES
Guest82352 I'm just the opposite, if I consume too many starchy carbs I gain weight
MariluHenner ABSOLUTELY - IT'S ONE OF MANY THINGS THAT'S GOOD, BUT YOU DON'T HAVE TO HAVE IT DAILY
josephgonzales not daily....you don't need much..use the nuts/seeds sparingly...maybe 1-2TBS / day if that
MalindaD f/v are not a problem, it's the GRAINS that I eat too much of
MariluHenner MAKE SURE YOUR STARCHY CARBS AREN'T WHITE BREAD OR MORE THAN ONE CONCENTRATED GRAIN PER MEAL
MariluHenner ABSOLUTELY JOSEPH
Alicia237 My body was CRAVING the chewiness of brown rice, but I didn't have time, so I made up some Bulgar wheat.....
MariluHenner I LOVE BROWN RICE
Guest62743 Marilu you're such an inspiration, I have all your books and put them on the shelf for awhile. I just recently found out about Dr. Barnard and joined his 21 day anyway there you were on his website! I started to reread your books and was blown away again! Thanks
MariluHenner THAT'S DEFINITELY MY FAVORITE GRAIN
MariluHenner OH THANK YOU SO MUCH 62743!
josephgonzales whole grains (quinoa, buckwheat groats, brown rice, wild rice)Excellent!
Guest82352 No, they are complex carbs, I did the McDougall diet, but gained weight
MariluHenner I'VE BEEN DOING THIS A LONG TIME AND IT'S SO GREAT TO SEE THAT PEOPLE ARE SO MUCH MORE RECEPTIVE NOW
MalindaD so i can't eat couscous and quinoa in the same meal?
Alicia237 Mine too - I kicked myself twice for not having any in the fridge or freezer....
JillE what would we do without brown rice?! YUM!
lettuce i made quinoa for the first time - it was tasty and satisfying...
MariluHenner THE MAIN THING YOU MUST REMEMBER IN ALL OF THIS IS TO DO EVERYTHING WITH GUSTO AND A SENSE OF HUMOR

JayO Marilu- how is the process of writing a book on nutrition?

DebbiM warm brown rice with a little maple syrup is like rice pudding....yum!

Cyndi I love trying new foods - that is the fun part

MariluHenner BECAUSE OTHERWISE YOUR BODY WILL HOARD FROM BEING SO RIGID

Orange_Girl Marilu...you were ahead of the curve big time!!

Guest82352 Dr. McDougall told me that does happen to some people on complex starchy carbs

MariluHenner MALINDA IF YOU'RE TRYING TO LOSE WEIGHT AND REALLY BECOME THE ANIMAL YOU WERE MEANT TO BE -AND UNTIL YOU ARE -

betsy Marilu, how did you get your family on board with your healthy eating?

MariluHenner IT'S BEST TO HAVE ONLY ONE CONCENTRATED FOOD PER MEAL

josephgonzales I would say one or the other.-.no need for both

MariluHenner QUINOA IS GREAT, LETTUCE - AND FUN TO EAT! I THINK THE TEXTURE IS VERY FESTIVE

MalindaD ok

MariluHenner JAYO, IT DEPENDS ON THE BOOK

debdeb54 never had quinoa

MariluHenner I'VE WRITTEN 8, AND WORKING ON BOOKS 9 AND 10

Alicia237 quinoa is great - good to sprout, too.

Harriet It sure is a nice light grain or actually seed

debdeb54 what does it taste like?

MariluHenner THE COOKBOOKS ARE ALWAYS A LOT OF FUN, BECAUSE WE MAKE TWICE AS MANY DISHES AS WE USE IN THE RECIPES

josephgonzales You must try! has all essential amino acids....rich in protein

MariluHenner ORANGE GIRL, I'M USUALLY AHEAD OF THE CURVE BY TEN YEARS!

lettuce quinoa - make it just like rice, used veg broth

JillE i love your ginger jalapeno slaw in Wear Your Life Well! Great book by Marilu!

Guest82352 Your next book is about your husband and how he beat cancer...thanks to you!!!!!!!!!!!!!!!!!!!!

josephgonzales very flavorfull

Alicia237 Marilu - anytime you need a recipe tester, give me a call... ;-)

debdeb54 now I am getting hungry

MariluHenner OK ALICIA, GOOD TO KNOW

MariluHenner SO LET ME ASK YOU ALL SOME MORE QUESTIONS

Harriet easy to digest and a complete protein and cooks fast - quinoa that is (can't type fast enough....)

MalindaD my hubby is not on board, so i had to make his favorite tonight..pork chops!

MariluHenner I THINK I ASKED THIS ONE BEFORE BUT DIDN'T SEE MANY ANSWERS

debdeb54 I will buy some this week

Alicia237 "Please" give me a call - my mama would be shocked at my manners...

Orange_Girl What's the date of your 60 Minutes piece?

MariluHenner WHAT HAS BEEN THE BIGGEST CHALLENGE SO FAR FOR YOU -- IE OTHER PEOPLE'S REACTIONS...

MariluHenner GIVING UP A CERTAIN FOOD...
 Alicia237 debdeb54 - you can also make a tabboleh that is yummy...
 MariluHenner YES HARRIET THAT'S WHY I LIKE IT TOO
 RBenn Others' reactions for sure
 lettuce like anything new - people don't want to hear it...
 debdeb54 oh I like tabboleh
 Harriet Funny, but I am not craving my usual sugary sweets
 MariluHenner MALINDA YOUR HUSBAND WILL DEFINITELY BE ON BOARD WHEN HE SEES HOW
 SLEEK AND HEALTHY YOU WILL BECOME
 DebbiM no oil vegan can be hard when going out to eat
 Guest82352 Giving up milk chocolate
 Guest92415 not enough time to be creative. Same ol' salads
 Vickie No real food challenges for me, that I am aware of yet...
 MariluHenner THEN HE'LL WANT WHAT YOU'RE HAVING
 Orange_Girl Self Sabatoge
 Alicia237 Yes - in-laws and my brother are still hard.
 JayO I'm from Texas- People treat me like a freak!
 josephgonzales Would he be willing to cook his own...? That may entice him to lower the meat
 intake?
 Cyndi Not having the whole family eating the way I do
 debdeb54 another challenge for me is watching my adult children eat junk
 Guest62743 I love coffee with half & half and the soy products don't cut it... ie, silk... they taste
 too sweet.
 Jille try chocolate soy milk for a fun treat
 MariluHenner HARRIET, THAT'S WHAT HAPPENS WHEN YOU START EATING MORE "CENTERED"
 FOODS
 lettuce but i make stuff without telling them...sneaky! and they like it...
 MalindaD mother-in-law is always cooking! i live in SC and everything is good and greasy!!
 MariluHenner YOUR EXTREME CRAVINGS GO AWAY
 Dez macaroni & cheese is my favorite food, so that will be hard to give up.
 MariluHenner GUEST92415, YOU HAVE TO TRY OUT SOME RECIPES ON THE PCRM WEBSITE
 Jille lettuce - you rock!
 MariluHenner OR COME OVER TO MARILU.COM FOR SOME GREAT RECIPES
 sandy520 what is wrong with using oil in cooking if it is not too much?
 debdeb54 I agree with the loss of cravings
 MariluHenner CYNDI, WORRY ABOUT YOURSELF FIRST
 Harriet I know I am just so pleased
 Guest82352 PCRM rocks and has so much information!
 Cyndi You can still have mac and cheese just make it different
 Vickie I do not know how to take care of myself, apparently...
 MariluHenner THE FAMILY WILL BE ON BOARD ONCE THEY REALIZE YOU'RE SERIOUS ABOUT THIS
 AND THAT IT'S HAVING A POSITIVE EFFECT ON YOU

MaryBeth Guest82352 if you have trouble giving up choc. try Whole Foods 365 (brand name) vegan chocolate chips--they're incredible

debdeb54 Its funny that I can bake and know that I am not going to eat it

MalindaD i went to red lobster for my mother-in-law's birthday and ate a salad

Cyndi There are soy cheeses etc

josephgonzales A vegan Mac N Cheese can be done! pcrn website nutritionmd.org you'll find many great options

Dez really Cyndi?

MariluHenner I MEAN IF YOU'RE ANYTHING LIKE I WAS WHEN I FIRST STARTED, I WAS TRYING EVERY DIET AND EVERYBODY GOT SICK OF MY TALKING ABOUT THAT

Guest82352 Will do!

debdeb54 I have made 2 birthday cakes this past month and I am making another tomorrow

MariluHenner SANDY IT'S OK TO USE OIL, DON'T WORRY ABOUT IT

Guest3408 I agree JayO, I am in Texas now too and it is harder here than in other places.

Dez soy cheese??? hhmhhh

MariluHenner A LITTLE BIT OF OIL, ESPECIALLY WHEN YOU ARE AT THIS STAGE OF THE JOURNEY, IS OK

josephgonzales Tofutti soy cheese is not bad....not alone....but with other foods

Cyndi I belong to a CHIP group and they promote plant based foods

MariluHenner TAKE IT SLOWLY BUT SURELY, AND THE MORE YOU CAN INCORPORATE THESE LIFESTYLE CHANGES IN INCREMENTS, THE MORE IT WILL BECOME A PART OF YOU

savannah there are nut cheeses too has anyone tried them?

Cyndi We learn to fix most of our favorite food only alter them so they are plant based

Dez I will have to give them a try.

MalindaD I just had a baby, so I'm trying to get healthy and lose weight!

josephgonzales Also, Health is Wealth has a vegan cheese that melts...also a good option

lettuce i made an amazing raw food chocolate cake...it was like a truffle...heaven!

Harriet homemade cashew cheese is so delicious

JillE Cocoa V in NYC has some awesome gourmet vegan cheeses! Amazing!

MaryBeth Taste can vary from one brand to another so don't give up if you try a cheese or milk sub that you don't like, there will probably be another one that you'll love

MariluHenner IN ONE OF MY BOOKS, HEALTHY LIFE KITCHEN, I TEACH PEOPLE HOW TO TAKE AN UNHEALTHY RECIPE AND MAKE IT HEALTHY

MaryBeth Jill Cocoa V is AMAZING !!

MariluHenner CONGRATULATIONS MALINDA!

josephgonzales Yes...some nut cheeses are great too. Try the "UnCheese Cookbook" [eta: by Joanne Stepaniak] many great recipes

MariluHenner IT'S FANTASTIC BEING A MOTHER

Guest82352 Marilu was it hard for your husband to convert to this way of life when you first met?

MariluHenner AND IT'S SO GREAT THAT YOU ARE TAKING CHARGE OF YOU HEALTH SO THAT YOUR CHILD IS HEALTHIER

betsy It's so funny -- people are just as passionate about vegan cheese!

MaryBeth Harriet how do you make that??

Dez WOW

MariluHenner WELL MY HUSBAND AND I - WE RECONNECTED SEVEN YEARS AGO AFTER KNOWING EACH OTHER IN COLLEGE

Alicia237 I do make lots of vegan dishes and don't tell until they say how yummy it is....

josephgonzales Not everyone....I do not crave it....just a good thing for transitioning

MariluHenner HE AND I RECONNECTED SIX MONTHS AFTER MY DIVORCE FROM MY SECOND HUSBAND WAS FINAL

MariluHenner AND NOT EVEN THREE MONTHS INTO OUR RELATIONSHIP, HE WAS DIAGNOSED WITH TWO CANCERS

Harriet raw cashews, some lemon juice water and different spices and or herbs depending on savory or sweet

MariluHenner SO HE LET ME TAKE CHARGE OF HIS HEALTH

Vickie Bless you Marilu !!

MariluHenner AND I KEPT HIM FROM CHEMO AND RADIATION BY HIS GOING TOTALLY VEGAN AND DETOXING

MalindaD Amazing Marilu!

MariluHenner SO IT WAS EASY FOR HIM TO CONVERT, BECAUSE IT SAVED HIS LIFE

Vickie You really are the angel I thought you are...!!!

MaryBeth Literally !!!!

lettuce i live 20 minutes from the hypocrite's institute...talk about healthy!!!

Guest82352 Thank God for you Marilu!

MariluHenner HE WOULDN'T BE ALIVE NOW. SERIOUSLY.

Alicia237 I have heard so many of those stories, Marilu. That is awesome.

MariluHenner WE USED A COMBINATION OF THE BEST OF EAST AND WEST

MariluHenner WELL THANKS VICKIE

Guest82352 I hope you are writing a book about this!!!!!!!!!!!!!!!!!!!!!!

MariluHenner HOPEFULLY NOBODY HAS TO GET THAT FAR ALONG TO TAKE CHARGE OF THEIR HEALTH

Alicia237 A friend choosing a raw/vegan diet that saved her from breast cancer made me look at food differently.

MariluHenner YES 82352

MaryBeth That's an amazing way to begin a life together! I have goosebumps!

Orange_Girl Your reconnection was meant to be!!

Alicia237 That is when I started on my veg journey

MariluHenner IT'S CALLED "HOW I CURED MY HUSBAND'S CANCER"

Dez Marilu, what's your take on the "green monster" drinks?

Guest62743 you mentioned in your first book arthritis I believe it was your mother, have you had any bouts with it? It runs in my family

Guest82352 YIPPY! I can't wait to read it Marilu!!!!

debdeb54 what is a green monster drink?

Guest82352 When will your book be released?
 MariluHenner IT'S SO INCREDIBLE THAT EVEN TO THIS DAY, PEOPLE DON'T MAKE THE CONNECTION BETWEEN WHAT THEY EAT AND HOW THEY FEEL
 Jille try Foods that Fight Pain by Neal Barnard for arthritis and other pain
 MariluHenner FIRST I'M WRITING A MEMORY BOOK BECAUSE I HAVE AN UNUSUAL MEMORY
 MariluHenner AND I'M THE SUBJECT OF A "60 MINUTES" SEGMENT
 MariluHenner SO THAT'S THE BOOK I'M WORKING ON RIGHT NOW
 Vickie Blessings and miracles to you forever Marilu....thank you for your kindness and generosity !!!
 MariluHenner OH, THANK YOU SO MUCH VICKIE!
 Alicia237 Marilu - yes, you do - I have seen you on shows and have been amazed
 RBenn Unusual how?
 bevtopeka When is the 60 Minutes episode airing?
 MariluHenner THANK YOU, ALL OF YOU
 Jille sounds incredible, can't wait to see your segment!
 Guest82352 Incredible!
 MariluHenner I LOVE SHARING THIS INFORMATION... EVERYTHING THAT HAS HELPED ME
 Dez it's a drink where you use fresh spinach or kale and add fruit, protein powder
 MalindaD i just found out that my favorite chips, TERRA, contain whey
 josephgonzales green monsters..the energy drink? It is full of simple carbohydrates, spike blood sugar rapidly, not a good option for energy
 MariluHenner RBENN, IT'S UNUSUAL BECAUSE YOU CAN NAME ANY DATE IN THE LAST 40 YEARS AND I CAN TELL YOU WHAT DAY OF THE WEEK IT WAS, AND WHAT I WAS DOING ON THAT DAY
 debdeb54 oh I drink them every day except without the protein powder green smoothies
 Orange_Girl The women on "The View" will really give you a hard time about your book title! Remember Star's mac n cheese?
 MariluHenner IS THERE REALLY A DRINK CALLED "GREEN MONSTER"? I HAD NO IDEA
 Vickie I needed this...you are such a treat...
 Guest82352 How did you meet Dr. Neal Barnard, Marilu?????
 MalindaD i thought that i was just avoiding meat and dairy. i didn't think to look at labels and be on the lookout for whey, casein, etc
 MariluHenner I LOOK FORWARD TO IT, ORANGE GIRL
 Harriet Make your own green drink with Kale, apple, apple juice, water and ginger. So Delicious
 Vickie I think of you in a whole new light now...bless you !!
 Jille i like kale, pear, banana, grapes, ice, water - blend up! I call it Shrek smoothie!
 RBenn Well that's impressive
 debdeb54 I go through a lot of spinach
 Dez I just started drinking them, they're wonderful.
 MariluHenner I HAVE ANOTHER BOOK I'M WORKING ON WITH MY EX-HUSBAND CALLED "HAPPILY DIVORCED EVER AFTER"

debdeb54 orange, grape, spinach and kale yummy

MariluHenner 82352, I MET DR NEAL BARNARD WHEN HE GAVE REVIEWS TO ALL OF THE CELEBRITY COOKBOOKS

MariluHenner AND EVERYONE'S COOKBOOK SCORED IN THE TEENS

MariluHenner AND MINE GOT AN 84

josephgonzales My bad....I am referring to the company Monster. They have energy drinks.. I have not heard of "green Monster"

MaryBeth Smart man that Dr. Barnard

debdeb54 oh yeah I tried the ginger in it and I really liked it

lettuce i have had a nightmare of a time lately -- it is amazing how much "organic" or other foods are from CHINA -- read labels!!!

Dez I have a few recipe combinations for the green monster that I'll be trying.

MariluHenner AND THEN I TRIED TO DO A HEALTHY INFOMERCIAL, AND HE WAS MY DOCTOR EXPERT

Dez oh and I put avocado in also

Cyndi Congrats on your 84 score!

Orange_Girl I love your book titles.

MariluHenner GREEN IS A GREAT COLOR TO EAT OR DRINK

Dez so I see

MariluHenner WELL ORANGE GIRL I LIKE TO BE PROVOCATIVE WITH MY TITLES

Harriet It is my favorite color

MalindaD being vegan extends to clothing and soap, right?

Guest62743 Do you use a vitamix

Dez and you can get your "raw" veggie's in

MariluHenner YOU DO THE BEST YOU CAN, MALINDA

Dez healthmaster

debdeb54 blend tech

MariluHenner I DO 62743 - I LOVE MY VITAMIX!

betsy you have done so much to help pcrn -- you and Dr. Barnard are a great team

Harriet I love my Vitamix. So worth the cost

MariluHenner I USED MY VITAMIX THIS MORNING WHEN I MADE CREPES

MariluHenner WE ARE GOING TO CONGRESS NEXT THURSDAY TO PRESENT THE CHILD NUTRITION ACT OF 2010

lettuce would you eat garlic from china..

debdeb54 I made hummus in my blend tech

JillE our kids need this new act!

MariluHenner I KNOW, HE AND I ARE A GREAT TEAM - WE HAVE TO GET OUR OWN SHOW

Orange_Girl I apologize for being so forward with this question but could you reveal your height and weight?

MariluHenner I WROTE A BOOK CALLED "HEALTHY KIDS" IN 2001

MalindaD how much weight have you lost since going vegan marilu?

MariluHenner AND I'M STILL SHOCKED THAT THE TITLE WAS AVAILABLE

MaryBeth Wouldn't that be amazing if they had a show together? We need to campaign for that

Guest82352 Excellent book! They are all brilliant!

Guest62743 That's what we need a Health Reality show

JayO It's so not about weight- it's what is on the inside...

debdeb54 I agree JayO

Harriet And how you feel

MariluHenner MY HEIGHT AND WEIGHT - I'M JUST SLIGHTLY UNDER 5'7" AND I HAVE A VERY SMALL FRAME

MariluHenner MY WRISTS ARE TINY

lettuce marilu -- visit the sewall-belmont house -- it is a museum about suffrage and equal rights next to the Hart senate office building...talk about amazing history

debdeb54 yup you got it

JayO I was being sarcastic...

MariluHenner I ONLY WEAR A SIZE 7 OT 7 1/2 SHOE

debdeb54 oh I agree though

MariluHenner AND MY WEIGHT, DEPENDING ON WHAT I'M DOING, IS ALWAYS BETWEEN 120 AND 124

JayO me too

MariluHenner I NEVER MIND ANSWERING ANY QUESTION ABOUT MYSELF

Orange_Girl Sorry for the intrusive question.

debdeb54 weigh loss is a symptom or should I say benefit

Guest82352 You look amazing! Goregous!

JayO don't open that can of worms, Marilu...

MariluHenner I HAD MY BABY ON NATIONAL TELEVISION, DOING A DOCUMENTARY

josephgonzales Thanks Marilu! Good luck all and keep up the good work to optimal health :-)

MariluHenner SO BELIEVE ME, I HAVE NO SECRETS!

debdeb54 wow

MalindaD how many kids do you have?

MariluHenner WE'RE A NICE COZY GROUP IN HERE TONIGHT SO ASK ME ANYTHING

MariluHenner I USED TO WEIGH 174 POUNDS SO I DROPPED 54 POUNDS

Orange_Girl Thanks for the info

Vickie You are a miracle and a blessing!!

MariluHenner I HAVE TWO BOYS, 14 AND 15-1/2

Dez WOW

Vickie You have changed my mind about so many things...

MariluHenner I ALSO LOWERED MY CHOLESTEROL OVER 100 POINTS

JayO Have you ever felt the Hollywood pressure to be thinner? Anyone asked you to lose weight?

RBenn What do you do for exercise?

Guest62743 How long did it take you Marilu to stop thinking about losing weight and just living a healthy life

debdeb54 I would like to weigh that little

MariluHenner I HAD MY KIDS WHEN I WAS 42 AND 43 YEARS OLD

MaryBeth Deb, you can!

Guest82352 I want to look as good as Marilu!

MalindaD Wow!!! You're a brave woman!

debdeb54 and I thought 30 was late to start having kids

MariluHenner OH YES JAYO, BEFORE I GOT HEALTHY A LOT OF TIMES PEOPLE SAID "OH YOU HAVE TO DROP 20 POUNDS FOR THIS JOB" OR 10 POUNDS

savannah do you ever eat protein/energy bars on the run and if so what kind?

JayO How do you respond to something like that?

MariluHenner GUEST62743, AFTER MY MOTHER DIED, I KNEW IT WAS NO LONGER ABOUT WEIGHT BUT ABOUT MY HEALTH

MariluHenner RBENN, I DO PILATES 3 TIMES A WEEK AT LEAST, AND I WALK EVERY DAY

MariluHenner I TRY TO BREAK A SWEAT AT LEAST FOR TEN MINUTES EVERY DAY

sandy520 how do your kids respond to their friends and peers about being vegan

Guest82352 Man, that must play heavy mind games...hollywood weight being an issue!

Cyndi Marilu what are your favorite foods?

MariluHenner SAVANNAH, I LIKE THE ORGANIC GREEN BARS

MariluHenner THE ONES THAT ARE MOSTLY RAW

MariluHenner THAT'S MY FAVORITE ON THE GO BAR

MariluHenner SANDY, MY KIDS ALWAYS SAY - I LIKE THE FOOD, I LIKE THE TASTE, I DON'T GET SICK, I HAVE NO COMPLAINTS.

Guest82352 Marilu, what actor have you successful converted???

savannah is that the name on the label organic green?

MariluHenner MY SON NICKY AT 2-1/2 SAID - MOMMY SAYS "NO SCREAMING, NO BITING, NO DAIRY PRODUCTS, NO SUGAR"

MariluHenner YOU KNOW 82352? I HAVEN'T WORRIED ABOUT WEIGHT FOR THE PAST 25 OR SO YEARS

sandy520 great, my son is just 6 months old and I want to raise him in the healthiest lifestyle possible, but I already know that extended family will be the worst critics.

Cyndi What would you like to see happen with kids' health in America and how as individuals can we help

MariluHenner BUT IT CAN BE AN ISSUE FOR PEOPLE WHO AREN'T BEING THE BEST THEY CAN BE

JayO Isn't John Travolta a vegan?

debdeb54 can't wait until weight is no longer an issue

MalindaD i agree deb

Vickie So I can only imagine that sexual encounters are greater as well?

JayO girl

MariluHenner 82352, I GOT MICHAEL CAINE TO FOOD COMBINE, AND I GOT FRAN DRESCHER OFF DAIRY PRODUCTS, AND MANY OTHERS

Dez I just want the rolls of fat to disappear

debdeb54 me too

MariluHenner SANDY, LET THEM CRITICIZE - YOU KNOW YOU'RE ON TO SOMETHING THAT WILL KEEP YOUR SON HEALTHY

MariluHenner CYNDI, I'D LOVE TO MAKE IT OK FOR KIDS TO BE VEGAN WITHOUT FEELING LIKE FREAKS

MariluHenner AND I'D LOVE TO GET OFF THIS CRAZY MILK OBSESSION

MariluHenner TO ME DAIRY IS THE WORST

MalindaD salmon is the hardest thing for me! i never liked milk anyway

Cyndi Yeah! I agree

MariluHenner NO JAYO

MariluHenner JOHN TRAVOLTA IS NOT A VEGAN

MaryBeth My kids spotted a container of Soy Delicious on an episode of the Nanny and on an episode of King of Queens too

debdeb54 since my kids don't eat the way I do I am waiting for grandchildren

lettuce Marilu - do you think the new Jamie Oliver show will help america see the evil of its ways - food wise that is.

MariluHenner DEBDEB, IT MAKES SUCH A DIFFERENCE WHEN YOU DON'T HAVE THAT LITTLE TOYBOX OF WEIGHT TO PLAY WITH

MariluHenner VICKIE, EVERYTHING'S BETTER WHEN YOU FEEL GOOD ABOUT YOURSELF

Guest62743 Marilu are you a strict vegan, do you ever sway?

Vickie Thank you !!!

MariluHenner REMEMBER, "NOTHING TASTES AS GOOD AS HEALTHY FEELS"

JayO True Dat!

MariluHenner DEZ, THE ROLLS OF FAT WILL DISAPPEAR

debdeb54 I know I have gotten there being vegan but I ate too much processed food and gained it all back

Guest82352 Marilu, isn't Alec Baldwin a vegetarian too? I'd love to see you two in a project! Very sexy!!!

Dez I hope so

MariluHenner LETTUCE, I HOPE THE NEW JAMIE OLIVER SHOW MAKES A BIG DIFFERENCE

MaryBeth Alec Baldwin is sooo funny !!

MariluHenner 82352, ALEC BALDWIN TRIES TO EAT AS HEALTHY AS POSSIBLE

lettuce i hope so too!

MariluHenner HE'S VERY INVOLVED WITH PCRM

Dez I am regularly exercising now, something that I'm not too fond of but I'm doing it

Dez now to add healthy eating

MariluHenner HE'S BEEN A FRIEND OF MINE FOR 25 YEARS - WAY BEFORE HE WAS FAMOUS

MariluHenner AND HE IS VERY SEXY, AND VERY FUNNY

MariluHenner YOU KNOW DEZ - IT'S A PROCESS.

MalindaD i was going to weight until I lost 22lbs before going vegan but decided to take that leap - i used to exercise before having kids, i can't find the time or energy anymore so I see

Dez so I see

MariluHenner EVERY DAY, TRY TO MOVE YOUR LIFE FORWARD A LITTLE BIT EVERY DAY

Guest82352 He sounds like he has a beautiful heart just like you!!!!!!!!!!!!!!
 MariluHenner SEE IF YOU CAN MAKE EACH DAY A LITTLE HEALTHIER THAN THE ONE BEFORE
 Dez makes sense
 MaryBeth Progress not perfection?
 MariluHenner MALINDA, YOU KNOW WHAT I SAY TO PEOPLE WHO DON'T HAVE TIME ...
 Vickie Why do my friends confuse political views with being vegan?
 lettuce i saw alec in a street car named desire on broadway...niiiice! he got really sweaty...
 just saying!!! haha
 MariluHenner I ALWAYS SAY, MAKE TIME FOR HEALTH, OR YOU'LL HAVE TO MAKE TIME FOR
 SICKNESS LATER ON
 Vickie They all feel strongly that all vegans are democrats, etc...
 MariluHenner BECAUSE THEY ARE WORRIED ABOUT THEIR OWN CONSCIENCE, VICKIE
 JayO It presses the same buttons- questioning their identity.
 Guest82352 That is so brilliant!
 MalindaD so true marilu so true
 MaryBeth I saw him in Streetcar too--gosh that was like 20 years ago!
 sandy520 Is there a good multivitamin that you would suggest, I know I need some type of
 supplement I am just drained of energy these days, the changing of the diet is going
 to help but I feel I need a supplement as well.
 Vickie Thank you so much!!!
 savannah are you a strict vegan all the time?
 MariluHenner THEY ARE THREATENED BY SOMEONE BECOMING HEALTHY BECAUSE THEY FEEL IT
 POINTS A FINGER AT THEIR NOT GETTING HEALTHY
 Guest82352 Ain't that the truth!
 MariluHenner SAVANNAH, SOMETIMES I WILL HAVE A PIECE OF FISH, BUT NOT VERY OFTEN
 Vickie Thank you again!
 DebbiM i'm a vegan republican
 lettuce marybeth...yep...a few years ago. i was in the front row!
 Dez that's a true statement marilu
 MariluHenner BUT NEVER EVER DAIRY, NEVER EVER CHICKEN, NEVER EVER MEAT.
 MaryBeth Sandy my local health food store helped me find a vegan multi that's formulated for
 women
 MariluHenner NEVER SUGAR.
 Vickie That was kind of my point DebbiM
 debdeb54 no sugar
 MariluHenner OOH GUYS I HAVE TO GO!
 MariluHenner THIS WAS SO MUCH FUN!
 Vickie Bless you !!
 savannah thanks
 Jille thank you so much Marilu!
 Vickie Bye !!!
 MariluHenner I'M GLAD WE GOT TO HAVE A COZY CHAT TONIGHT

JayO Thanks!
Guest82352 Thank you!!!!
lettuce thanks...
sandy520 good night
Guest92415 What about dark chocolate???
MalindaD thanks marilu
Cyndi Thanks for your insight and encouragement
debdeb54 me too it is getting late here
MaryBeth This group is so great. I hope you'll come play with those of us who are on Marilu.com!!

MariluHenner AND I WILL DEFINITELY BE HERE NEXT TUESDAY
Orange_Girl Thank You!!!
RBenn Thanks very much
Guest62743 Thanks Marilu
debdeb54 thank you marilu
JillE talk to you all next Tuesday at 10am PST/1 pm EST!
MariluHenner WE'RE GOING TO BE HERE AT THE EARLIER CHAT TIME
Dez thank you
Guest82352 See you then!
MariluHenner AND WE WILL PROMOTE IT EVERY DAY SO DON'T MISS IT
DebbiM people give me a hard time about it all the time, but i think they don't want to face their poor eating habits and need to focus on something else

MariluHenner THERE ARE MANY GOOD DARK CHOCOLATES
debdeb54 see you all next week
Dez I'll be here too
MariluHenner GOOD NIGHT EVERYONE! HOPE TO SEE YOU ALL NEXT WEEK
MaryBeth These chats are so fun!
debdeb54 no chocolate for me I don't need the temptation
DebbiM thanks for taking the time marilu
debdeb54 ni ni
MariluHenner HAVE A GREAT WEEK, EVERYBODY!
Guest82352 Good night!
JillE get good rest tonight everyone!
MariluHenner I'LL BE AT THE NATURAL FOODS EXPO HERE IN LOS ANGELES THIS WEEKEND
DebbiM bye
RBenn Good night, thanks again
debdeb54 you too
MariluHenner AND I'LL REPORT ON ALL THE GOOD NEW VEGAN PRODUCTS THAT I SEE
debdeb54 bye all
MaryBeth I made chocolate coconut bon-bons last week and they were such a hit no one knew they were eating "weird vegan" food

MariluHenner BYE!