

**Marilu Henner Chat for PCRM's Vegan Kickstart Program
March 16, 2010**

Marilu HEY EVERYONE!

Jeannie Hi

nicklilly hi!

Guest50024 Hey

Jill_E is everyone signed up for PCRM's 21 Day Kickstart? www.21daykickstart.org

seriousway Hi, Marilu!

Marilu SORRY, I HAD A HARD TIME GETTING INTO THIS CHAT ROOM

debdeb54 I was concerned that I wasn't eating enough calories because I wasn't eating any fat so I added an ounce or nuts/seeds a day

Guest24196 Hi Marilu

jenn30 yup

Marilu THAT'S LIKE NOT HAVING THE KEYS TO YOUR OWN HOUSE

debdeb54 hi marilu!!!!!!!!!!!!!!

Guest24196 yes I am

Jeannie yes I am

RBenn Hi Marilu

seriousway yes

standing4me yes

Marilu IF THE GUESTS WANT TO CHANGE THEIR NAME IN THE UPPER RIGHT HAND CORNER, IT MAKES IT SO MUCH EASIER FOR ME TO TALK TO YOU

Marilu SO HOW IS EVERYONE FEELING TODAY? GIVE ME 1-3 ADJECTIVES

Guest66169 Hi I buy Morningstar crumbles, is that considered processed?

Guest50024 How do u do that?

Jeannie tired

nicklilly guilty

seriousway Healthy!

standing4me great

jenn30 tired

Kylie_M fresh!

Jill_E alert

Guest24196 Good

debdeb54 great peppy and FREE

Marilu YOU TYPE IT IN THE UPPER RIGHT HAND CORNER WHERE IT SAYS "TYPE YOUR NAME"

Joyce5858 Fabulous and "clean"

MichaelS conscious, nervous

Marilu WOW! THESE ARE ALL GOOD

Marilu OK NICKLILLY - YOU WERE HERE LAST WEEK

Marilu THERE'S NO SUCH THING AS CHEATING, REMEMBER?

debdeb54 nope

nicklilly yes i was

Marilu YOU'RE JUST EXPERIMENTING IN THE LABORATORY OF YOUR LIFE

debdeb54 yeah I know what you mean

Marilu IT'S ALL A PROCESS - REMEMBER THAT

nicklilly i was saying i pigged out last night cause of stress

Guest66169 What do you think about all the products for vegans

TexGal content - energized - calm

debdeb54 I was afraid to eat nuts/seeds I thought I had enough fat on my body

Guest50024 It has been easier that I thought I'm only vegan 2 weeks now

Marilu YOU'VE CHOSEN TO TAKE THIS JOURNEY, AND EVERY DAY IS AN ADVENTURE

Lorane Hi, I'm new to being a Vegan. Given that there is such a small population of Vegans, how do you handle things when you go out to dinners and parties?

Marilu STRESS IS DEFINITELY A SABOTEUR

Marilu I TEACH A CLASS CALLED "NAVIGATING THE MINDFIELDS OF SELF-SABOTAGE" AND STRESS IS RIGHT UP THERE

Guest66169 I have a hard time with lunch since I work in an office any suggestions

nicklilly but i see how eating the sugar messes me up now

Marilu IF YOU PUT YOUR NAME IN, IT'S SO MUCH EASIER TO ANSWER YOUR QUESTION BUT GUEST66, THE PRODUCTS ARE INCREDIBLE

Marilu I SPENT THE ENTIRE WEEKEND AT THE NATURAL FOODS EXPO

Guest24196 I wanted to get some advice on eating out for breakfast the other meals are easier plus everything has eggs and milk in it

Guest50024 Pack a lot of healthy foods

TexGal I have found the transition to be easier than I expected. vegan for 6 weeks now!

doinitrhealth how do i join that class? I have been self-sabotaging for the last 30 years

Marilu AND YOU CAN'T BELIEVE ALL OF THE GREAT NEW PRODUCTS THAT ARE COMING OUT

TexGal Breakfast - oatmeal, fruit, toast.

Marilu DEBDEB, NUTS ARE VERY IMPORTANT ON A VEGAN DIET

Guest66169 I gave up sugar I use agave nectar now

Kylie_M Nicklilly, if sugar is an issue you might have candida

debdeb54 the sweetest thing I have is my smoothie (fruit and greens) I can barely take the sweetness

Guest17725 jennie...Sometime people vary with their energy levels. Fruit works for me, and whole grains, but sometimes more protein can help boost energy, as it blocks tryptophan in your brain that makes you tired.

Marilu LORANE, THERE ARE MORE AND MORE VEGANS ALL THE TIME, AND MORE AND MORE VEGAN OPTIONS

debdeb54 I know

jenn30 my problem is i have a nut allergy

nicklilly is there a test for that?

Marilu YOU HAVE TO BE REALLY CREATIVE AND LOOK AT THE SIDE DISHES ON A MENU
debdeb54 I am resolved to eat them every day just a small handful
Guest88962 I have a question about soy products for hypothyroid people
Marilu ALMOST EVERY RESTAURANT NOW WILL MAKE YOU A BEAUTIFUL VEGETABLE
PLATE
debdeb54 jenn can you eat seeds - pumpkin or sunflower?
Marilu GUEST24196, THERE ARE A LOT OF GREAT CEREALS
Kylie_M Jenn30 try seeds instead of nuts, like raw sprouted pumpkin or sun flower
Guest24196 Thanks Marilu
Marilu AND GRAINS
Joyce5858 Going to a St Patrick's day dinner - I guess it's just cabbage and potatoes for me.
Jill_E look up in the right hand corner everyone and change your name so you are not a
guest -it's more fun that way!
Marilu SMOOTHIES
Marilu FRUITS AND NUTS
jenn30 yes i can
debdeb54 then try them
Marilu AND SOMETIMES HAVING LATER IN THE DAY FOODS FOR BREAKFAST WORKS AS
WELL
Guest30841 sorry...got it
Guest32892 Joyce- maybe you could make something and bring it? show everyone how great
vegan eating is?
nicklilly what about flax seed?
Marilu THAT'S GREAT TEXGAL! KEEP UP THE GOOD WORK - VEGAN FOR 6 WEEKS
Marilu IM TRYING TO TAKE PEOPLE'S QUESTIONS IN ORDER
Kylie_M eating light to heavy seems good for digestion and energy
Marilu DOIN - COME SEE ME AT MARILU.COM
Guest66169 I just change my name but it's not taking it
kmt My Dr. wants to treat me for severe bloating as a yeast/parasite infestation with a
Candida diet. Any advice?
debdeb54 yeah I don't enjoy breakfast type foods so I eat lunch or dinner for breakfast
Marilu SUGAR IS THE WORST, NICKLILLY
Marilu AND THE MORE YOU DO THIS, THE MORE YOUR PALATE CHANGES
debdeb54 how long has this kickstart been going on? I started early.
Marilu MY SON IS VERY ALLERGIC TO NUTS, JENN
TexGal i'm eating lunch at work now ... a big salad w/ low fat dressing and bread rounds w/
hummus. yummy.
Marilu BUT HE CAN HAVE PISTACHIO NUTS AND SEEDS
Marilu DO YOU HAVE ANY LIKE THAT?
Guest80346 What is the best way to get past the chocolate (dark chocolate craving)?
Joyce5858 Palate and brain - the corned beef sounds disgusting to me now!
nicklilly i see that already things taste too sugary for me....except under stress

Marilu YEAH DEBDEB, EAT THOSE LATER FOODS FOR BREAKFAST
 jenn30 i'm allergic to all tree nuts
 Marilu ONE OF MY FAVORITE THINGS TO EAT IS EZEKIEL 4.9 BREAD WITH A SMEAR OF AVOCADO AND TOMATO
 Guest24196 I worry about the amount of proteins we are supposed to have. sometimes I don't get more than 30grams
 Guest59128 Is it possible to eat too much soy product? I have about 2 cups soymilk every morning on my cereal. Also eat tofu or tempeh several times a week. Occasional soy yougurt. Also dried edamame for snacks. Is that too much?
 debdeb54 I am dreading making corned beef and cabbage for the kiddies but they don't eat like me
 kmt Are dates allowed? Too much sugar?
 jenn30 i just find that all premade bars have some kind of nuts
 Marilu GUEST803, THERE ARE SOME DARK CHOCOLATE PRODUCTS THAT ARE TOTALLY VEGAN
 MirthGirl What is a reasonable amount of sugar to have daily (grams)?
 Jill_E chocolate mousse made with silken tofu rocks! (silken tofu, cocoa powder, maple syrup, raspberries and vanilla extract)
 Joseph_Gonzales Seeds like flax and sunflower will be your friend if you have a nut allergy
 Joanne Marilu I love Ezekiel bread
 Marilu DATES ARE GOOD, KMT
 Guest88962 Can you be successful on this plan without eating any soy. I like it but I have the hypothyroid issue
 Guest37953 I'm trying to change my name at the top and it won't take---sorry
 Marilu YOU CAN'T EAT THAT MANY BECAUSE THEY'RE SO SWEET AND RICH
 Joanne Lara bars are delicious and vegan
 Marilu AND THEY DON'T COMBINE WELL WITH OTHER FOODS
 debdeb54 I am not eating soy except in tea if I even have any
 Marilu THAT'S GREAT JOANNE IT IS ONE OF MY FAVORITES
 RawrBear hello
 standing4me what about almond milk?
 Marilu ABSOLUTELY GUEST88 YOU CAN DEFINITELY DO THIS WITHOUT EATING SOY
 Marilu PEOPLE HAVE OVERUSED SOY
 RawrBear definitely
 Joseph_Gonzales Almond milk is great! any plant milk
 Marilu IT'S A WONDERFUL AND POWERFUL FOOD SOURCE
 Jeannie I hadn't thought about the soy and hypothyroid perhaps that has something to do with me being tired
 Jill_E almond milk is the best, especially when you make it fresh yourself!
 Marilu IT'S JUST BEEN PROCESSED TO RESEMBLE SO MANY OTHER FOODS
 RawrBear never had it
 Kylie_M try coconut milk and yogurt, my kids love it

Marilu ALMOND MILK IS GREAT

Joanne got lara bar idea from the skinny bitches great book!!!

debdeb54 never had Ezekiel bread I am not doing bread for a while

Marilu WE LIKE OAT MILK AND RICE MILK

Marilu BECAUSE MY SON IS ALLERGIC TO ALMONDS

Guest88962 ok lets deal with the gas issue. Beano isn't working any suggestions

Guest66169 What your thoughts on Greek yogurt

TexGal How important is it to give up coffee and other caffeine? I am trying to cut back, but haven't quit yet. Eating only plant foods and coffee is from a plant, right?

Marilu BUT WE STILL USE IT SOMETIMES WHEN HE IS NOT EATING THE FOOD

Marilu THERE ARE SO MANY GREAT NEW COCONUT MILK BASED PRODUCTS NOW THAT HAVE ABSOLUTLEY NO DAIRY PRODUCTS IN THEM NOW

TexGal is rice milk OK? I prefer it to almond milk.

Joseph_Gonzales No dairy! Greek yogurt may be better choice but still contains high amounts of lactose

Guest1975 what is your favorite vegan cookbook besides your own?

Guest80346 jill_e, really? i'll try it thanks!

Marilu GUEST88, IF YOU'RE STILL HAVING GAS THEN YOU MAY NOT BE CHEWING YOUR FOOD WELL, OR TAKING TIME IN BETWEEN MEALS FOR YOUR BODY TO ADJUST

standing4me i like the accidental vegan

Marilu AND YOU MAY HAVE TO SOAK YOUR BEANS IF YOU'RE EATING A LOT OF THEM

Guest88962 big problem right now the gas. I am using canned. Is that the problem

debdeb54 ok explain coconut to me. how does the fat compare to nuts and seeds?

Marilu GUEST66, I'M GREEK, BUT I DON'T EAT ANY GREEK YOGURT BECAUSE OF THE DAIRY

RawrBear heyh

Marilu AND I DON'T MISS IT AT ALL

doinitrhealth I have found the more I eat beans, the gas seems to subside.

Roslyn Brandon Brazier's book THRIVE, Rip Esselstyn's Book THE ENGINE 2 DIET are good sources for info and recipes

Joseph_Gonzales Possible try throwing a piece of Kombu, a sea vegetable, into your pot of cooking beans to reduce gas

TexGal 88962 - are you rinsing the beans before using them from the can? that should help.

nicklilly what can i grab to eat when so stressed, that i don't have to cook? a comfort thing?

Marilu TEXTGAL, COFFEE IS ONE OF THOSE THINGS THAT IS VERY DIFFICULT FOR PEOPLE TO GIVE UP

Marilu SO DO IT WHEN YOU'RE READY

debdeb54 no gas here

kmt Is Soy yogurt vegan? Can I have it on a Candida diet?

Marilu BUT KNOW THAT IT'S VERY POSSIBLE AND KNOW THAT YOU'LL HAVE A LOT MORE ENERGY AND YOU'LL SLEEP A LOT BETTER IF YOU DO GIVE IT UP

Joseph_Gonzales yes the more beans you eat, actually the less you will toot, per se

debdeb54 good thing I don't like coffee

Guest88962 Yes i am rinsing them

Joanne Dandy Blend is a very good tasting coffee substitute

Marilu FAVORITE COOKBOOK - I'M ALWAYS TAKING ANY COOKBOOK AND CHANGING THE RECIPES

debdeb54 I like beans

Lorane Hey, I am curious how to have a social life and eat vegan? Isn't anyone else having this issue?

Marilu I LIKE SOME OF THE MACDOUGAL BOOKS, AND NEAL BARNARD'S BOOKS, OF COURSE, ANN MARIE COLBIN, SOME OF THE MACROBIOTIC COOKBOOKS

Guest80346 yes, Lorane, my hubby

midnightsun I have had soy and coconut yogurts that are vegan, kmt

jenn30 lorane, i am single and having the same prob!!

Marilu BUT I CAN TAKE ANY BOOK AND CHANGE THE RECIPE AND MAKE IT WORK

MirthGirl Marilu, what is considered a reasonable amount of sugar per day (in grams)?

Guest66169 I have a terrible social life guys like beef

debdeb54 I agree with that

Guest88962 If you don't use soy what else can be used for protein beside the beans

Guest80346 I just eat before I leave and have a salad

Marilu GREAT SUGGESTION JOSEPH ABOUT KOMBU, AND RINSING THEM

Guest24196 How much protein is enough

kmt Why is coffee bad?

Marilu WELL NICKLILLY WHEN YOU'RE STRESSED, DO YOU REALLY WANT TO BE EATING? HOW STRESSED ARE YOU?

Lorane Guest 80346, your hubby is having the issue too?

Marilu I FIND RAW NUTS WORK FOR ME WHEN I'M STRESSED.

Guest12810 You changed my life with one of your books when you said giving up dairy would change my life and it DID, I've lost 225 lbs...the beginning was your book...

debdeb54 anyone know of a good veggie burger that is low in fat that is not soy based?

Marilu IT'S JUST ONE OF THOSE THINGS THAT WORK FOR ME.

nicklilly i was crying and really depressed

Jill_E PCRM.org has a fact sheet about protein, check it out!

Marilu KMT, YOU CAN, BUT CHECK WITH YOUR DOCTOR ABOUT CANDIDA

Marilu BUT SOY YOGURT IS VEGAN

Lorane Gues66169, I know what you mean. Or you go to friends for dinner and they don't have anything you can eat and you can't say anything

Roslyn Quinoa is a good source of protein. If you do not get the prerinsed, be sure to rinse before cooking or it will be bitter.

Kylie_M what are your thoughts on colonics?

standing4me good housekeeping had a black bean burger recipe you make that is good a month or so ago

Marilu LORANE, BLENDING SOCIAL LIFE AND EATING VEGAN - IT'S POSSIBLE ANYWHERE, BELIEVE ME

Marilu I ALWAYS TELL THE STORY ABOUT BEING IN MISSISSIPPI FOR AN EVENT
Guest88962 thanks roslyn
seriousway Wow, Guest12810! That's great! Congratulations!
Lorane Marilu, please give me some tips
Jill_E sunshine burger might be soy free - does anyone know?
Marilu AND THERE WAS NOT ONE THING ON THE TABLE THAT DID NOT HAVE MEAT OR
DAIRY IN IT
MirthGirl I let my friends know politely as far ahead of time as possible, and offer to either
bring something for myself, or tell them just to please prepare a few more veg for
me.
Marilu ON THREE HUGE BUFFET TABLES
debdeb54 Is that recipe online?
Marilu BUT THE CENTERPIECES WERE A CORNUCOPIA OF BEAUTIFUL FRUITS AND
VEGETABLES
Roslyn I find out ahead of time what is available. I will let a host/hostess know I am on a
very healthy eating plan and bring my own food.
Marilu AND WHAT HAPPENED WAS, I MADE UP A TIP - WHEN IN DOUBT, EAT THE
CENTERPIECE!
TexGal marilu, that is too funny about the buffet!
Guest12810 Vegan is the only way to go, PCRM has the best recipes including Dr Barnard, it's
been transformational!!
debdeb54 so I would eat the centerpieces!!
Lorane Marilu, I love that story. What about when you are at a friend's home?
Marilu I'M GOING TO TRY TO STAY AS CLOSE TO THE RECENT QUESTIONS AS POSSIBLE
seriousway "SOY YOGURT IS VEGAN" but check the ingredients because I've found some that
are not vegan.
Marilu ROSLYN THAT'S A GREAT SUGGESTION AND I DO IT ALL THE TIME
Marilu OR I BRING SOME
Guest75977 I have one question: I really want to be a vegetarian, and possibly a vegan. But a
friend told me that you have to first know what supplements to take with that diet.
He also mentioned vitamin B shots. I have no idea what to take as supplements to a
veg diet.
Marilu LORAINE, I ALWAYS BRING FOOD OR I OFFER TO COOK
Joanne Any suggestions for egg replacement?
debdeb54 I like unsweetened soy yogurt and it is hard to get
Marilu AND EVERYONE ALWAYS SAYS THAT THEY'VE NEVER HAD A BAD MEAL AT MY
HOUSE
debdeb54 flax seeds and water mixed together
Marilu KYLIE YOU ASKED ABOUT COLONICS
Joseph_Gonzales No soy in sunshine burger
Marilu I THINK COLONICS CAN BE GREAT
nicklilly i find family restaurants will work with you more in changing the food for you

Jill_E for egg replacer, you can use powder EnerG Egg Replacer or applesauce
debdeb54 sunshine burger?
Roslyn Sorry to leave early, but I have to go to LUNCH!!!
Guest12810 Never travel without emergency food in your purse...really!!
Marilu WHEN I RECONNECTED WITH MY HUSBAND SEVEN YEARS AGO, AFTER KNOWING HIM IN COLLEGE
TexGal 75977, rice milk and other plant milks are fortified w/ vit B.
debdeb54 how much fat is in a sunshine burger?
Marilu HE WAS DIAGNOSED WITH TWO CANCERS TWO MONTHS INTO OUR RELATIONSHIP
Joseph_Gonzales Here is the link: <http://sunshineburger.com/products/original.html>
Marilu AND KYLIE, HE PUT HIMSELF THROUGH MAJOR DETOX, WENT TOTALLY VEGAN
Kylie_M I have chronic lyme even with a healthy raw/vegan diet so I'm trying to detox more
debdeb54 I am planning to make some rice milk. It looks easy to make
Marilu NEVER HAD TO HAVE CHEMO OR RADIATION
Marilu BUT COLONICS WERE DEFINITELY PART OF THE DETOX
TexGal And on the vitamin issue, I know i get a lot more vitamins from what I am eating on a vegan diet than I did from meat & potatoes and only a few veggies!
debdeb54 thanks Joe
Guest75977 Thanks TexGal.
Marilu YES, GUEST128 GOOD SUGGESTION - ALWAYS TRAVEL WITH EMERGENCY FOOD
Marilu ORGANIC GREEN BARS, NUTS, RICE CAKES, SEAWEED, PRETZELS FOR THE KIDS
Guest80346 lorane, he is having issues with me.
MirthGirl What do you look for to find a reputable place for a colonic?
Kylie_M I have been 90% lowfat vegan for 3 years, but was still getting sick, found out about Lyme a year ago.
Joseph_Gonzales 13 grams of fat in sunshine burger...kind of high, but looks okay to me!!!
Kylie_M I am doing better by adding more green juice and becoming a holistic health counselor
Guest66169 do you think more people could fight cancer with food
Marilu MIRTHGIRL CHECK ONLINE OR CALL THE PLACE... TRY TO GET RECOMMENDATIONS
Guest75977 MARILU: Does your book or website explain how people on cancer can do what your husband did? Detox, etc...
Joyce5858 Bananas are my favorite emergency snack - they come with their own container! :-)
Marilu ONE THING I WANT TO SAY ABOUT FAT AND TRYING TO FIGURE OUT ALL THAT CONTENT
Jill_E Kylie! yay holistic health! I went to IIN, is that where you are going!
Marilu I SAY THIS IN EVERY CHAT
Kylie_M Jill, yes and I love it. I also just studied with Natalia Rose
Marilu GETTING HEALTHY IS NOT ABOUT MEASURING, WEIGHING OR COUNTING THE FATS, GRAMS, CALORIES, POINTS, CARBS, OF THE SAME OLD CRAPPY FOOD
nicklilly i have just been told i have two breast cysts what kind of cleansing could help?
Jill_E Enjoy Kylie, that's awesome!

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

midnightsun Lorane and Guest66169, is there a vegetarian/vegan meetup in your area? good way to meet fellow vegans, guys, too

nicklilly is that the lymph system?

Marilu AND YOU CAN STOP WORRYING ABOUT COUNTING ALL THAT OTHER STUFF

TexGal thank you marilu! what about fat?

debdeb54 I like rice cakes

Joanne I'm finding out about quality vs quantity. hard to cut down I get soooo full now

Guest88962 I feel hungry all the time on this and am afraid to eat more. I want to lose not gain

TexGal with nuts, avocado, etc. i mean...

Marilu YES GUEST75, AND I'M WRITING ABOUT IT IN MORE DETAIL IN A NEW BOOK

Kylie_M Marilu, thanks for the input on the colonic for my detox, glad I'm on the right track. Also thanks for your book I read your first book, what a decade ago and it really help to change my life.

midnightsun debdeb54, Sunshine Burgers are made of rice, not soy, good with guacamole, great falafel one, or you can make your own out of black beans and flour, that's what I do

debdeb54 hey joe, they look pretty good. I have to figure out how much fat there is in an ounce of sunflower seeds and then I can make them for myself

Marilu NICKLILLY I'M NOT A DOCTOR BUT IF I WERE YOU I WOULD GET OFF ALL RED WINE, CAFFEINE, DAIRY PRODUCTS FOR SURE, PROCESSED SOY PRODUCTS

kmt Is half an avocado daily too much fat?

nicklilly thanks xo

Marilu TEXTGAL THE NATURAL FATS THAT YOU'RE GOING TO FIND IN VEGAN FOODS WILL KEEP YOU WARM, SUSTAIN YOUR ENERGY, GIVE YOU FLAVOR --

Joseph_Gonzales Great point Marilu....when we switch to a healthful whole foods plant based diet, the counting stops

jenn30 jill what is IIN?

Marilu AND THE MORE YOUR LISTEN TO YOUR BODY AND THE CLEANER YOU EAT, THE LESS YOU HAVE TO WORRY ABOUT COUNTING FAT GRAMS

Marilu KMT I EAT HALF OF AN AVOCADO EVERY DAY

Joseph_Gonzales More fiber can help the hunger cravings...greens, vegetables, whole grains like quinoa, etc

Marilu ITS SO GREAT FOR WOMEN, OVER 40 ESPECIALLY

Marilu IT'S A GREAT PLANT FAT

Joyce5858 why red wine? I thought the antioxidants were good?

Marilu IT'S A GREAT FAT FOR KIDS

Kylie_M jenn 30 IIN is the Institute for Integration Nutrition, a great school that covers the basic of all different nutrition theories

jenn30 thanks

Jill_E jenn, IIN is the Institute for Integrative Nutrition - certification program
www.integrativenutrition.com

seriousway Caffeine contributes to cysts in the breasts. Cut it out completely and cysts often go away.

Kylie_M i love avocados!

Marilu AND IT'S GREAT FOR THE ABSORPTION OF OTHER VITAMINS AND NUTRIENTS FROM YOUR FOOD

debdeb54 I like avocados too and olives

TexGal I feel like I am eating a lot more than I used to, but have lost 17 pounds eating vegan! Eating the RIGHT things instead of all the wrong things for my body.

Guest88962 Thx joe. do you have a book?

Marilu DEFINITELY CAFFEINE - I THINK I SAID IT, BUT THINKS FOR SAYING IT

Joseph_Gonzales Read Marilu's!!! and Dr Barnard's

Guest66169 I'm so worry about cancer I try an eat right but I have a humble salary and a lot of fruit and veggie are expensive

Marilu THAT DOESN'T MEAN ALL YOU SHOULD BE EATING ARE AVOCADOS AND OLIVES!

Marilu EXACTLY TEXGAL

seriousway Joyce5858, you can get the same antioxidants in grapes without the alcohol.

doinitrhealth do you recommend vitamin supplements? I have been vegan for 3 weeks and feel great but everyone is worried I am not getting enough vits and mins.

Joseph_Gonzales It is all about wt. loss and disease prevention

Marilu RIGHT THINGS ARE SO MUCH BETTER BECAUSE YOU ARE HONORING THE WAY YOU HAVE EVOLVED AS A HUMAN ANIMAL

Joyce5858 Thanks seriousway - I like the taste of grapes better anyway!

Guest24196 What is the name of your book Marilu

Kylie_M There are tons of vitamins and minerals in fruit and veggies, more than animal and dairy

Marilu DOIN - YOUR FRIENDS ARE PROBABLY JEALOUS OF YOU RIGHT NOW BECAUSE YOUR SKIN IS GLOWING AND YOU HAVE SO MUCH ENERGY

Joseph_Gonzales also visit: pcrm.org and cancerproject.org for recipes, info, everything

midnightsun the only vitamin supplement you need as a vegan is B12

Marilu VITAMIN SUPPLEMENTS CAN DEFINITELY DO JUST THAT - SUPPLEMENT WHAT YOU MAY NOT BE GETTING FROM YOUR FOOD

debdeb54 not all the time occasionally

midnightsun your meat-eating friends are the ones who probably need vitamin supplements, just tell that right back to them

MirthGirl I get bad headaches; someone recommended Vitamin D supplements

Marilu IF YOU'RE NOT EATING PERFECTLY ALL THE TIME, WHICH IS VERY HARD TO DO ANYWAY, THEN SUPPLEMENTS CAN BE HELPFUL

Marilu IT'S ALSO VERY HARD RIGHT NOW TO GET ENOUGH VITAMIN D

Jill_E Marilu has a book out now called Wear Your Life Well, it will transform your life!

Guest88962 Yes I have been using pcrm.org recipes

midnightsun there are two kinds of vitamin D- D2 and D3

Marilu SO I TAKE A VITAMIN D SUPPLEMENT

Marilu I HAVE 8 BOOKS, GUEST24
seriousway You're welcome, Joyce5858. Grapes are so much better for you...
Marilu BUT THE BOOK THAT STARTED IT ALL WAS "THE TOTAL HEALTH MAKEOVER"
midnightsun most foods supplemented with Vitamin D are D2 but D3 is more helpful, you get it
from the sun
Marilu D3 IS MORE HELPFUL, YES
nicklilly so far i'm sleeping better and lost three pounds
Marilu THANKS JILL!
debdeb54 never heard of D3
Marilu REMEMBER, IT'S ALL A PROCESS
doinitrhealth i must say after many years of "dieting" this life change has been more successful,
mentally and emotionally.
Joseph_Gonzales Great. There is many more at cancerproject.org and nutritionmd.org
MirthGirl I live in SoCal, but still have been told I need more sun - but I'm not going to stand
out in it
TexGal are you familiar with Juice Plus? what about it as a supplement?
Marilu IT'S NOT GOING TO HAPPEN OVERNIGHT THAT ALL OF A SUDDEN YOU FEEL
"PERFECT"
Marilu IT'S ALL ABOUT PROGRESS, NOT PERFECTION
Guest24196 I read that D3 only comes from 2 sources and they are not Vegan sheep and fish
midnightsun can't wait to read your book, Marilu, I read your autobiography awhile ago
Marilu THERE ARE A LOT OF NEW LIQUID SUPPLEMENTS OUT ON THE MARKET
Jill_E we should do another chat where everyone is required to sit in the sun during the
chat with their laptops!
Marilu THAT WAS HUGE AT THE NATURAL FOODS EXPO LAST WEEKEND
midnightsun yes, D3 as of now only comes from lanolin from sheep's wool
midnightsun and the sun!
Guest88962 Am loving the food but miss dark chocolate and still have sweet cravings
Joseph_Gonzales Sheeps wool actually...but I would not dive too far into that
midnightsun there is vegan dark chocolate!
midnightsun my boyfriend loves it
MirthGirl I like my skin the way it is, thanks! I learned early from my mom having several
melanomas!
Marilu SO TEXGAL, I'VE HEARD OF JUICE PLUS BUT I DON'T KNOW THE SPECIFIC
INGREDIENTS
Guest27099 vegan dark chocolate is actually pretty easy to find
Guest75977 To Midnight Sun: from 5 Points?
Guest88962 sounds great. does whole food carry it
midnightsun there definitely is, just check at the store, usually a better store like whole foods is
better for finding it but there are many kinds of vegan dark chocolate
Guest4962 Heehee...That's exactly where I am....outside and on a small laptop!

Marilu IF YOU'RE STILL CRAVING SWEETS AFTER A WHILE, IT MAY BE FROM TOO MUCH SALT, OR SEASONING, OR BECAUSE OF STRESS

Marilu STRESS IS VERY CONTRACTIVE

debdeb54 so I guess I should go pet some sheep! we used to raise sheep when I was a kid. :0

nicklilly go to your health food store for dark chocolate

Marilu AND SWEETS ARE EXPANSIVE

Joanne Do look into Vitamin D My dr said I had a vtamin D defic and I worked outside all the time . go figure

Guest88962 must be stresss then

Joyce5858 MirthGirl, I've heard that it only takes a few minutes of sun to get the Vit D you need. I live in So Cal too (OC) - I figure I get enough just driving around.

Marilu OH YES THERE ARE PLENTY OF VEGAN DARK CHOCOLATES!

RBenn Outside with laptop as well...in Canada!

TexGal what does that mean? Contractive and expansive?

midnightsun I think almost everyone has a vitamin D3 deficiency, but as of yet there is not vegan supplemental D3 which is the one you really need

Joseph_Gonzales New research shows D2 is just as absorbable as D3, if that is a concern you have

MirthGirl Thanks Joyce; then I should be too - but it was recommended mainly for my headaches. Might as well try for a while and see if it helps.

Guest66169 Is there any vegan replacements for hazelnut creamer

Marilu I WOULD SAY THAT THE THREE BIGGEST TRENDS RIGHT NOW ARE 1 - LIQUID ELIXIRS; 2 - CHOCOLATE; AND 3 - NATURAL DOG FOOD

Marilu I THINK SILK HAS A HAZLENUT CREAMER, GUEST66

Guest75977 HAS ANYONE CONSIDERED LIFESTYLE AS AN INDICATION TO WHETHER OR NOT YOUR EATINGHABITS ARE SUCCESSFUL? I just gave away my TV and that has already changed my eating patterns drastically, as well as sleeping pattern.

Marilu AND I THINK ALSO THE COCONUT PEOPLE HAVE ONE TOO

Jill_E there is now an agave nectar that is flavored -- hazelnut, etc.

Marilu BRAVO TO YOU GUEST759!

Guest88962 my dog was eating better than I was before I started this

Marilu BUT THAT MIGHT NOT GO OVER BIG IN HOUSEHOLDS WITH TEENAGERS

Joyce5858 and I assume the natural dog food is for the dog? :-)

debdeb54 no more cable here either]

Marilu THAT'S FUNNY YOU'RE SAYING THAT GUEST88

Guest66169 Marilu is coconut people a brand name

doinitrhealth for sweet craving try a banana with some natural peanut or almond butter. seems to help take that edge off

debdeb54 I watched tv more than my kids as teenagers

Aliciam237 Guest 75977 - we do not have cable or regular tv, either.

Marilu BECAUSE SINCE MICHAEL AND I HAVE BEEN TOGETHER FOR SEVEN YEARS, HIS DOG IS LIVING LONGER AND DOING BETTER BECAUSE OF HIS CHANGE IN DIET

midnightsun I don't have cable now for a few years, I have a lot more time to learn and do the good things in life without distraction

Joanne My 19 yr old hate that we changed our diets, but he is now eating more fruits & vegs

Aliciam237 But, my hubby teaches film, so we have to keep the tv.... ;-)

Guest66169 Where do you find the flavor agave nectar

midnightsun nice tip with the banana and almond butter, will try that

Guest88962 the dog was on a totally natural diet

Marilu IT'S FUNNY, MY KIDS DON'T WATCH TOO MUCH TELEVISION EITHER - THEY'RE TOO BUSY WITH THEIR HOMEWORK

MirthGirl My dad is 83 and not even his doctors can believe it; he started going vegan step by step about 3 years ago to lower cholesterol, and is more healthy and active now than ever.

Marilu SO LET ME ASK YOU ALL SOME QUESTIONS.

debdeb54 k

Guest75977 My friends got rid of their tv with three teens. They are so much busier doing other fun and interesting things together. And they can still use the net to watch tv and movies. But they find their kids not doing that.

debdeb54 I do that

Marilu AS A NEW OR ESTABLISHED VEGAN, WHAT HAS BEEN YOUR FAVORITE RECIPE OR DISH THAT YOU MAKE SO FAR? AND IT CAN BE FROM ANY SOURCE.

debdeb54 I get so much more done

debdeb54 HUMMUS

jenn30 golden tofu soup

Joanne A nacho Bake from Vegan-gal.com

Jill_E Red Lentil Curry 2 from nutritionmd.org - I've made it the past 2 nights and last night added collards! So yummy!

Guest27099 vegan brunch's scrambled tofu with soy chorizo

MirthGirl Quinoa veg stir fry

doinitrhealth avahummus and falafals

Sara1 fat free banana bread

Guest88962 A bulgur and lentil salad

RBenn Peanut butter ww spaghetti was delicious!

TexGal ditto on the hummus. stir fried veggies over brown rice. bean tacos

Aliciam237 Easy stuff....fresh veggies, hummus, edamame

TexGal lentil soup.

Guest66169 I've cheated I buy already made vegan meals

Joseph_Gonzales Second that 27099! soy Rizo and tofu

Marilu THAT'S GOOD

MirthGirl I just realized I need to let up on the hummus - a LOT of carbs!

Jeannie almost instant black bean chili with extra tomatoes and a little chili powder

debdeb54 mmmm lentil soup

Joyce5858 Vegan stuffed red bell peppers in the crock pot. With brown rice, lots of veggies and tomato sauce.. yum

Guest4962 kickstart's chocolate mousse

Aliciam237 Although, The Grit has an awesome gravy that I make...

Marilu SOUNDS LIKE EVERYBODY IS REALLY FINDING THINGS THAT THEY LIKE

nicklilly just enjoying salad and fruits never had them growing up

Aliciam237 The Grit is a restaurant in Athens, GA

Marilu WHAT HAS BEEN THE HARDEST THING FOR YOU TO GIVE UP?

RBenn Bok Choy w Orange agave glaze yum!

Guest88962 sweets

MirthGirl SUGAR!!

TexGal ice cream.....

Guest66169 Cheese

bookcat cheese and eggs

Guest27099 blue cheese

Marilu OR WHAT DO YOU WISH YOU COULD HAVE THE HEALTHY VERSION OF?

jenn30 cheese

Guest88962 and cream

Sara1 haven't given up sugar but i'm going to and that's gonna be haaaard

Aliciam237 Golden Tofu soup???? Where to find recipe?

Guest20334 established vegan and a bit lazy to cook so I get most my fix at Loving Hut

MirthGirl Oh yes, cheese - and sugar.

nicklilly bread

RBenn Coffee and Sugar

Guest4962 peanut butter

Sara1 eggs were tough

debdeb54 peanut butter sauce is excellent with some hot peppers in it

Aliciam237 joyce5858 - sounds yummy!!!

midnightsun cheese is hard because I always did love it

Marilu THERE IS A NEW PRODUCT COMING OUT THAT I SWEAR IS GOING TO REVOLUTIONIZE THE ENTIRE NON DAIRY INDUSTRY

TexGal it really hasn't been as hard to "give up" anything as I expected.

debdeb54 M&M's

Joanne Bread Yes

Marilu IT'S CALLED DAIYA

doinitrhealth Cheese has been the hardest to give up

Sara1 i looove daiya

Marilu AND IT WAS A BIG HIT AT THE NATURAL FOODS EXPO THIS WEEKEND

Jill_E seriously daiya rocks! on vegan pizza!

Joyce5858 I LOVE Daiya - a little pricey though.

debdeb54 what is daiya?

Sara1 i am so lucky to have it in my town

nicklilly what is it?
Marilu IT'S JUST STARTING HERE IN LOS ANGELES
TexGal I don't feel like i'm missing out on anything. just a little harder to plan meals till I get more experienced.
Marilu IT IS MADE FROM TAPIOCA; TOTALLY PLANT BASED
Guest27099 i would pay any price for a vegan cheese that tasted remotely like the real thing
Marilu VEGAN
Sara1 best vegan cheese ever
Marilu MELTS LIKE CHEESE
debdeb54 so what is it/
debdeb54 really?
doinitrhealth OMG....gotta have it
Joyce5858 They have Daiya at Mother's Market here in the OC
Guest88962 sounds great
TexGal Are there different flavors of daiya?
Jill_E it's a vegan cheese!
Marilu AND ALREADY AMY'S AND TOFURKEY AND A LOT OF OTHER COMPANIES ARE GOING TO BE USING IT IN THEIR PRODUCTS
Marilu IT'S INCREDIBLE
Sara1 ya cheddar and mozz
midnightsun i've heard great things about it but I haven't yet tried it
Marilu AND WHEN YOU TRY IT, YOU WILL NEVER MISS CHEESE AGAIN
Aliciam237 SO going to talk to my grocery store manager!!!
Marilu LOOK AT YOU SARA! A GIRL WHO KNOWS!
TexGal feta? i miss that on salads!
nicklilly that would be great!
Joanne I love Amy's products
Guest27099 promise me, i so want to believe in daiya...
Marilu YES, WE ALL HAVE TO BAND TOGETHER AND DEMAND BETTER PRODUCTS
Sara1 colorado is strangely progressive
Marilu I MET THE CREATORS OF IT, AND THEY ARE THE NICEST PEOPLE
midnightsun it's so much easier to be vegan now than it would have been in the past
Marilu OH GUEST27 YOU WILL BELIEVE! YOU WILL BELIEVE! YOU WILL BELIEVE!
Joyce5858 I really miss going out for frozen yogurt. I wish Yogurtland and Pinkberry had soy versions!
midnightsun I've noticed just in the last few months since I became vegan my regular grocery store, which had none before, now has 3 kinds of almond milk
Marilu MIDNIGHTSUN, WHEN I STARTED EATING THIS WAY, PEOPLE THOUGHT I WAS CRAZY
Marilu THEY WOULD ALL BE EATING HEAVY PLATES OF MEAT AND CHEESE AND SAUSAGE
Joanne Marilu how long have u been a vegan?
TexGal All that used to sound good, and now I can't even think about eating it!

Marilu AND I WOULD BE SITTING THERE WITH MY NORI AND BROWN RICE AND VEGETABLES AND ROLLING IT INTO MY OWN SUSHI ROLL

Guest88962 I bought your first book but at the time it all seemed like too much work. Too bad I didn't start then

debdeb54 I don't miss cheese. I just think about how unhealthy it is that is enough for me. the easier it is to get around is a good motivator

Marilu WITH LITTLE PIMPLES ON MY FACE BECAUSE I WAS STILL GOING THROUGH DETOX

Sara1 me too just thinking about where it comes from is so gross now

Marilu AND YET I STILL KNEW THAT I WAS ON TO SOMETHING THAT WAS GOING TO CHANGE MY LIFE

MirthGirl I started cutting out meat/poultry/fish last summer when I saw "The Cove"

Marilu THAT WAS 30 YEARS AGO

Sara1 wow

Joanne Wow

Marilu YES, WHEN YOU KNOW THE FOOD SOURCE, IT'S A GREAT MOTIVATOR

midnightsun Wow, congratulations, that is great, 30 years

midnightsun I hope to be able to do the same

Guest88962 yes I know but never too late to start. I am 67

debdeb54 you had to say sushi

TexGal Marilu, do you think using "substitutes" such as vegan cheese and imitation meat can be bad? Seems like that would prolong the desire for those things. Or maybe that's just me

Marilu ACTUALLY IT WILL BE 31 YEARS THIS AUGUST 15. IT WAS A WEDNESDAY IN 1979

debdeb54 brown rice sushi

Guest75977 MARILU - YOU ARE AN INSPIRATION! KEEP EDUCATING US...

Marilu IT'S NEVER TOO LATE TO FEEL BETTER THAN YOU DO RIGHT NOW

MirthGirl Guest 88962, my dad started at the age of 80!!

midnightsun yes, that's what I think of, just think of the animal that suffers for the cheese and then the cheese doesn't taste so great anymore

Joanne I can't believe it took me so much time to realize how bad meat & dairy is for u

Marilu IN FIVE YEARS GUEST88, YOU'LL FEEL 10 YEARS YOUNGER THAN YOU DO RIGHT NOW

Marilu OH THANK YOU GUEST759! I JUST LOVE SHARING INFORMATION WITH PEOPLE

Guest88962 great I can't wait

Joyce5858 Marilu, what do you suggest for Easter dinner main course?

Marilu I LIKE TO SPREAD THE WORD AS MUCH AS I CAN

Marilu AND I NEVER CARE WHAT PEOPLE THINK ABOUT ME OR THE WAY I EAT

Aliciam237 oh, good question, joyce5858

Guest75977 MARILU: ONE QUESTION: WHICH BOOK SHOULD I START ON TO BEGIN A TRUE VEG DIET? - Kim in Florida

Aliciam237 That is still the tough one for me - meat was such a huge component of my hubby growing up....

Marilu JOYCE, WE ALWAYS MAKE A FAVORITE AROUND HERE - A COLD SOBA NOODLE DISH, WITH A COLD SESAME SAUCE

seriousway I started at 52, and within 3 years of changing over, I felt 20 years younger.

Marilu FOR SOME REASON MY FAMILY LOVES TO DO ASIAN AROUND EASTER

Cyndi Is that recipe in your Holiday Book?

Marilu SEE THAT SERIOUSWAY? THAT'S EXCELLENT

nicklilly now i'm hungry haha

Marilu IT'S ACTUALLY IN MY BOOK "HEALTHY LIFE KITCHEN"

Marilu ALSO WE DO ROASTED VEGETABLES, WITH GRAINS LIKE QUINOA, COUSCOUS

Joanne This has been so inspirational Marilu

debdeb54 oh dear easter I think I will do it here

Aliciam237 He loves how we eat now, but - I want our kid to remember traditions, too.

standing4me love roasted veggies

Marilu LAST NIGHT I MADE WOK FRIED VEGETABLES FOR MY KIDS

nicklilly thankyou so much for all of this!

Aliciam237 So we are finding other ways to "celebrate"

Joyce5858 Thanks for the ideas - we love quinoa and couscous.

MirthGirl I guess I've been cheating just enough to not feel a difference - my biggest challenge is my mother

Marilu ALICIA -SURE, YOU CAN ALSO JUST DO HEALTHIER VERSIONS OF THEM, IF THEY'RE NOT READY TO BECOME TOTALLY VEGAN

Marilu YOU'RE WELCOME JOYCE

debdeb54 yes Mothers

MirthGirl ...who claims to be all about animal rights and healthy eating, but still wants to serve ham for Easter, Turkey for Thanksgiving, etc.

seriousway Aliciam237, start a new healthier tradition.

Marilu MAKE THE GREAT VEGAN SIDE DISHES FOR YOU, AND THEN IF YOUR FAMILY WANTS CHICKEN MAKE SURE IT'S AN ORGANIC CHICKEN. START SMALL.

Guest184 (Will a copy of the chat transcript be available later? (I was very late...apologies to all.)

debdeb54 my mother freaks when I go vegan

Aliciam237 Haha - no meat allowed in the house - and all are ok with that....

Aliciam237 ;-)

TexGal The celebration is supposed to be about the people anyway, not just the food. I know that's easier said than done tho....

Marilu I REMEMBER THE FIRST TIME I CAME HOME FOR A HOLIDAY IN '79 AND SAID "OH MY GOSH- I KNOW WHAT KILLED MOM AND DAD" (BECAUSE BOTH OF MY PARENTS DIED IN THEIR 50'S)

midnightsun Tell her she should be proud of you- you're doing what she taught you, to eat healthy and care about others

Marilu AND MY FAMILY COULD NOT BELIEVE WHAT I WAS ASKING THEM TO DO

MirthGirl My mom is just fighting to be the last one; I'm not sure why... since my dad doesn't eat any of that stuff

Marilu BUT OVER TIME, THEY START TO SEE HOW YOU FEEL

Marilu AND YOU START TO SHOW THEM BEAUTIFUL FOOD

MirthGirl thanks midnight, will do

Aliciam237 We have been vegetarian for 3 years - Vegan since January 1

Guest27099 you can't force people in your proximity to adapt to your diet. it's futile. as in all things, people come to things when they're ready to hear and understand them.

Jill_E family does come around! My sister now has me exclusive make vegan cupcakes for all her kid's bday parties!

Joanne Do any of your other relatives do vegan?

Sara1 that's awesome!

debdeb54 the trick is to not do it for weight loss first

Marilu BUT A LOT OF TIME PEOPLE FEEL THREATENED BECAUSE IT DISCREDITS THE WAY THEY RAISED YOU, OR THE WAY THEY'VE BEEN RAISED

Marilu IT'S FUNNY BECAUSE I'VE BEEN TRYING TO GET MY BROTHER AND MY SISTER TO EAT THIS WAY FOR A LONG TIME

debdeb54 yeah I agree marilu

Marilu I LOVE THEM BOTH SO MUCH

Aliciam237 Marilu - right! That is the issue with the in-laws. My folks are AWESOME!

Marilu AND THEY'RE OLDER

MirthGirl Right - but after seeing a film about Ingrid Newkirk, and The Cove, and reading Skinny Bitch... how can someone NOT make this change?!

Marilu AND MY SISTER EVEN HAD A BRAIN TUMOR LAST YEAR, WHICH THANK GOD WAS BENIGN, BUT THEY SAW DR. BARNARD ON PBS THE OTHER DAY, AND NOW THEY WANT TO EAT LIKE I DO!

Aliciam237 My dad is a cancer survivor and they have totally turned around on their eating habits.

doinitrhealth Marilu...sabatge and guilt all in one choice..... families

Marilu AND THEY'VE BECOME DR. BARNARD GROUPIES

midnightsun What about Food Inc? I have not seen it myself but have heard that it's good for exposing what's really in the food most people eat

Joanne Do u think they'll come around?

Jill_E that is so exciting! Join the club!

TexGal I haven't talked to my family about it yet. But most of them have diabetes and other health problems ... I think this would really help them!

Guest88962 That is what got me started too

Marilu I KNOW, YOU GUYS HAVE TO COME OVER FOR THE SELF SABOTAGE CLASS

Aliciam237 YAY Marilu's family!!!

debdeb54 my beautiful skinny daughter it breaks my heart when she eats meat but I am working on her and she like s refried beans. she called me and asked if she could pick some up at the store

Guest27099 intellectually you can know something is bad for you, but until your heart is open, some things just don't sink in

Marilu I GO OVER ALL OF THE 33 REASONS WHY WE SELF SABOTAGE

Sara1 people are always triggered by different things- some people watch a movie and other have to have a health scare to realize that a change needs to be made

nicklilly i live alone, it seems some of the food is too much for one and will spoil or take too long?

Marilu EVERYBODY HAS THEIR OWN TIMING

Marilu I ALWAYS SAY THAT PEOPLE ARE TURKEYS OR WEANERS

Aliciam237 nicklilly- like what?

TexGal what is the self sabotage class?

MirthGirl Midnight Sun - Food Inc is great information; to me not quite as emotional as The Cove, and now Earthlings is really the one to see - tough, but pretty awesome.

Marilu BECAUSE THEY LIKE TO GO COLD TURKEY, OR THEY LIKE TO WEAN THEMSELVES

Marilu AND BOTH ARE OK

Joanne I had a health scare

Marilu YES SARA THAT'S TRUE

Aliciam237 grains can freeze so that is great when you get home late - just reheat

Marilu YOU NEVER KNOW WHAT'S GOING TO BE THAT LIGHT BULB FOR SOMEONE

Marilu MAKE A BIG POT OF SOUP NICKLILLY

MirthGirl nicklilly - same for me

Marilu AND A BIG POT OF BROWN RICE

Marilu OR BROWN RICE AND RYE BERRIES

nicklilly ah, ok good

Marilu GET RYE BERRIES, NOT FLAKES

Marilu THERE IS NOTHING MORE FLAVORFUL OR MORE FAT SUCKING OR MORE REGULATING THAN RICE AND RYE AS A COMBINATION

Guest184 Was vegan before I got engaged to a meat eater. Went back to eating whatever, and it's been downhill since then.

Jill_E never tried rye berries, must do that!

Marilu OH, IT'S A STAPLE OVER AT MARILU.COM

Guest184 Now that we're married and he's older, he's more open to vegan, but we still have a lot to learn and a lot of habits to change.

Marilu WE TALK ABOUT RICE AND RYE ALL THE TIME

Marilu BUT REMEMBER, DON'T GET THE FLAKES

MirthGirl Which reminds me - are Flax seeds an equivalent to ground flax?

houston same time frame to cook rice & rye?

Sara1 no- ground is more easily digested

Marilu SO GUEST184, HOW DID YOU FEEL BEFORE YOUR WEDDING, AS OPPOSED TO NOW?

Guest88962 wheatberries ok??.

MirthGirl Right Sara, but am i getting the same health benefits?

Marilu WHEATBERRIES ARE DIFFERENT FROM RYE

debdeb54 how about wheat berries?
Marilu IT'S GOOD WHEN YOU EAT SOMETHING THAT YOUR BODY HAS TO WORK ON
Guest184 When I was vegan, I had lots of energy and I felt beautiful ... was at my ideal weight, walked everywhere.
Marilu THAT'S WHY I THINK WHOLE FRUITS ARE BETTER THAN JUICED FRUITS
Marilu THE WHOLE FRUIT HAS FIBER AND SEEDS, SOMETIMES
Sara1 no, often the seeds don't get digested at all because of the hull and you don't get the fiber, etc
Marilu SKIN - THE WHOLE THING
MirthGirl Which is why I'm now guessing that the flax SEEDS are better to digest than the GROUND flax...?
Guest184 Now I hardly ever walk much, am a homemaker and homeschooler, we live in a "urban" area where smog and crime keep us in a lot
MirthGirl Oh, just reading your reply Sara1
Joanne I'm buyin stuff I never had before
Marilu YES FLAX SEEDS ARE DIFFERENT FROM WHAT I'M TALKING ABOUT
debdeb54 I know they are
MirthGirl thanks
TexGal Is the self sabotage class an online class?
Marilu SOMETIMES WHOLE FLAX ARE NOT DIGESTIBLE
Guest184 I am eating better and feeling better, but before I made some recent changes, I felt like an old lady.
MirthGirl ok, so I'll stick with ground
Guest88962 What is wrong with the wheatberries
Marilu YES - WE DO A SELF SABOTAGE CLASS ONLINE HERE AT MARILU.COM
Marilu SEE? AND YOU'RE TOO YOUNG TO FEEL LIKE AN OLD LADY GUEST184
Sara1 yeah, and combine with hemp protein in smoothies to get essential oils
Marilu GUEST88 - THERE'S NOTHING WRONG WITH WHEATBERRIES!
TexGal sorry, we are throwing the questions at you too fast!
Marilu I WAS JUST TALKING ABOUT RYE BERRIES
debdeb54 I have to get to the health food store very soon
MirthGirl I'm just finding out about hemp protein - I put the ground flax in my oatmeal now
Aliciam237 Love hemp seeds!!!!
Aliciam237 Love to sprout grains, too!!!
Marilu I KNOW! I'M EXCITED! I WISH WE WERE ALL IN THE SAME ROOM
Marilu SOMETIMES WE HAVE 100 PEOPLE, AND SOMETIMES IT'S 10
Jill_E this chat has been really fun!
Aliciam237 Me too, Marilu!!!
debdeb54 ooh I am sneaking ground flax into my daughters oatmeal
Marilu I'M USED TO ALL KINDS OF CROWDS
Sara1 haha
Marilu WE HAVE JUST ONE MINUTE LEFT

Aliciam237 debdeb54 - I do that with my kid's, too
 Jill_E Kickstart begins again in September - it will be a back to school one!
 www.21DayKickstart.oth

debdeb54 really
 Marilu I'M SORRY TO SEE THE LAST OF OUR THREE CHATS END
 nicklilly can we back up to the flax seed? how do i buy it and do i grind it up???

Aliciam237 Molasses
 Joyce5858 I've found that adding the ground flax to oatmeal keeps me fuller longer, too.
 Jill_E www.21DayKickstart.org
 Guest184 I love adding ground flax to oatmeal and other recipes (muffins). It's nice to feel good about the food choices I've made and how I'm setting a great example for the kids.

midnightsun thanks, Marilu! you're very inspiring
 Aliciam237 sad to see #3 go....
 Guest88962 thanks for all the info
 Guest27099 the chats were great, marilu - thanks so much for your time!
 Marilu THANK YOU SO MUCH EVERYONE!
 MirthGirl I forgot this was the last one
 debdeb54 thanks Marilu
 Joanne Thanks Marilu
 Joyce5858 I've learned a lot today. thank you.
 Sara1 you can buy it already ground at health food stores
 Marilu COME SEE ME AT MARILU.COM
 Aliciam237 Thanks, Marilu
 standing4me thanks
 Sara1 thanks Marilu!!!
 TexGal thank you too! this is the first time i have done this. it was great!
 nicklilly thank you so much!!
 Marilu I KNOW, I'M SAD TOO MIRTHGIRL
 Jeannie thank you
 Guest75977 WE WILL MARILU!
 RBenn Thank you very much
 MirthGirl Will do Marilu, thank you so much!
 debdeb54 I like a good chat not just random chat
 Marilu I'M GOING TO CONGRESS THIS THURSDAY WITH PCRM
 Marilu TO TALK ABOUT THE CHILD NUTRITION ACT
 Guest184 TY!
 MirthGirl Whoopee!
 Guest75977 Congress? Excellent!
 Aliciam237 YAY!!! Good luck!
 midnightsun good luck, school lunches need to get better
 Marilu AND THEN I GO ON THE TASTE OF HEALTH CRUISE ON SUNDAY FOR A WEEK

RBenn and thank s to you too Jill
 Jill_E [www.healthyschoollunches.org!](http://www.healthyschoollunches.org)
 Joanne Yeah!!!
 Jeannie good luck
 TexGal wow! every time i hear about the health care problems I think "everyone should eat VEGAN!"
 MirthGirl Every Friday the kids I teach get "Ice Cream Day"
 seriousway Go get em, Marilu!
 Marilu AND THERE'S SO MUCH WE CAN DO
 Marilu SO KEEP UP THE GOOD WORK, EVERYONE!
 Guest184 Please tell them, Marilu, to make these changes for their kids and grandkids. Things must get better in our schools.
 MirthGirl Can't believe they don't get how awful an idea that is
 seriousway or rather, go tell 'em
 Marilu DON'T BEAT YOURSELF UP
 debdeb54 I agree Tex
 Jill_E thanks so much Marilu!
 Sara1 good luck!
 Marilu JUST WRITE IT DOWN AND THINK OF YOURSELF AS A LAB TECHNICIAN
 Joanne The schools r bad
 Joseph_Gonzales Try the sloopy joe's at healthyschoollunches.org amazing!
 Marilu I KNOW, ICE CREAM DAY MAKES ME SICK
 Marilu I ALWAYS BRING STUFF FOR THE KIDS
 Aliciam237 ugh, mirthgirl.
 Marilu THEY EAT IT JUST AS MUCH AS THE OTHER STUFF
 Guest4962 kids buy it daily in my school.....ugh!
 Aliciam237 that is tough, mirthgirl
 Marilu I KNOW, AND RED TWIZZLER DAY - FIGURE OUT THAT ONE
 Guest184 Dehydration is a huge problem in the schools ... was a reason why we decided to homeschool.
 Marilu THANK YOU! I HOPE TO TALK TO YOU ALL SOON!
 Guest184 TY
 MirthGirl And I have to teach them AFTER they consume it; they bounce off the walls!
 MirthGirl Bye Marilu!
 MirthGirl Always need to be reminded not to beat myself up; that's the most important for me!
 Aliciam237 Oh, what a tough Friday!!!
 nicklilly me too
 Aliciam237 I will be thinking good thoughts that the school changes, mirthgirl
 Joanne This was great Glad I joined in
 Marilu GOOD BYE EVERYONE!
 nicklilly bye

Guest184 bye now.
Aliciam237 Bye bye bye
Joanne Good bye
seriousway Thanks, Marilu!
Marilu SO GREAT TO HAVE YOU HERE AT MARILU.COM!
TexGal bye!
Cyndi bye
midnightsun thank you!