Subject: diet
Posted by DJ on Sat, 07 Jul 2007 16:58:51 GMT
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Well.....since I got turned down for a certain health insurance policy a
couple of weeks ago because my cholesterol level were a bit out of whack, I
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feel. At some point my life got wayyyyy to busy, these kinds of food were
easier and more convenient and I just lost my dietary focus.....but
no.....you're not gonna catch me wearin' patchouli.

I figure, to put it in perpective, whipping up a quick and healthy meal is
much easier than reading a &^%$#*&^(!& Roland manual.

;o)

Subject: Re: diet
Posted by Nil on Sat, 07 Jul 2007 17:33:22 GMT
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"DJ" <animix _ at _ animas _ dot _ net> wrote:
>I figure, to put it in perpective, whipping up a quick and
>healthy meal is much easier than reading a &^%$#*&^(!& Roland
>manual.

Well, to put it in perspective another way: sometimes achieving
world peace, winning the Powerball, and being nominated for a
Grammy is easier than reading a Roland manual.

:)

Subject: Re: diet
Posted by rick on Sat, 07 Jul 2007 19:09:28 GMT
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down 22 lbs. myself and another 15 to go. having mocha marinaded
skirt steak on the grill tonight.

On Sat, 7 Jul 2007 10:58:51 -0600, "DJ" <animix _ at _ animas _ dot _
net> wrote:

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>couple of weeks ago because my cholesterol level were a bit out of whack, I
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>
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Subject: Re: diet
Posted by DJ on Sat, 07 Jul 2007 21:21:55 GMT
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mmmmmm.....dude!!!!!.....I just finished a nice,
substantial.....errrrr.....handful of pistachios....

;o}

"rick" <parnell68@hotmail.com> wrote in message
news:24pv831d2lpkibve6kn5gfutcbvc6cb7aq@4ax.com...
> down 22 lbs. myself and another 15 to go. having mocha marinaded
> skirt steak on the grill tonight.
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>>;o)
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Subject: Re: diet
Posted by Sarah on Sat, 07 Jul 2007 23:58:09 GMT
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"DJ" <animix _ at _ animas _ dot _ net> wrote in message
news:468fc7b4@linux...
> Well.....since I got turned down for a certain health insurance policy a
> couple of weeks ago because my cholesterol level were a bit out of whack,
> I have gone on "the diet". I still have health insurance, mind you, I just
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>

Subject: Re: diet
Posted by Sarah on Sun, 08 Jul 2007 00:12:19 GMT
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Another way to lower cholesterol is to get a lot of soluble fiber in your diet. Soluble fiber binds to cholesterol in the digestive tract, and since you don't really digest the fiber, the cholesterol passes out with it. Legumes and grains have a lot of soluble fiber, as do apples and other fruits. A google search should give you an extensive list.

Yet another dietary cholesterol reducer is Omega 3 fatty acids, which also have a lot of other health benefits. The top three sources for these are flaxseeds, salmon, and walnuts. I just buy the bottled fish oil and throw a tablespoon into my daily protein/vitamin shake.

I think patchouli's for Lesbians nowadays anyway. You'd probably be better off with sandalwood, ya big hippie.

S

"DJ" <animix _ at _ animas _ dot _ net> wrote in message
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>
>
>

Subject: Re: diet
Posted by wireline[33] on Sun, 08 Jul 2007 02:43:50 GMT
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Sux about getting turned down, but it might have been a great wake up call...

Anyway, take one day and eat just fruits and veggies...cholesterol will drop
dramatically, as will blood pressure, etc...

Also, helps things move along quite nicely, if you catch my drift...

k

"DJ" <animix _ at _ animas _ dot _ net> wrote:
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>

Subject: Re: diet
Posted by rick on Sun, 08 Jul 2007 09:12:38 GMT
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oh you and your nuts in hand...

On Sat, 7 Jul 2007 15:21:55 -0600, "DJ" <animix _ at _ animas _ dot _
net> wrote:

>mmmmmm.....dude!!!!!.....I just finished a nice,
>substantial.....errrrr.....handful of pistachios....
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>"rick" <parnell68@hotmail.com> wrote in message
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Subject: Re: diet
Posted by rick on Sun, 08 Jul 2007 09:14:31 GMT

and toss in a wild blueberry/banana smoothie for the morning meal.

On Sat, 7 Jul 2007 17:12:19 -0700, "Sarah" <sarahjane@sarahtonin.com>
wrote:

>Another way to lower cholesterol is to get a lot of soluble fiber in your
>diet. Soluble fiber binds to cholesterol in the digestive tract, and since
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Subject: Re: diet
Posted by Bill L on Sun, 08 Jul 2007 16:09:21 GMT
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I always liked the smell of patchouli. I guess that's 'cause I'm a
lesbian trapped in a man's body.

Sarah wrote:
> Another way to lower cholesterol is to get a lot of soluble fiber in your
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