
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 have gone on "the diet". I still have health insurance, mind you, I just wanted to change to a different policy and now I've got to stay with what I've got for a while. What I'm doing now is more like "my diet" than "a diet", actually because it's pretty much what was a normal diet for me about 20 years ago and it just sorta evolved naturally when I was just a young sprouthead.. No red meat.or chicken.....just lots of fruit, nuts, raw veggies and the occasional boiled egg and some cheese now and then.....but mostly raw foods and juices. I broke out the juicer that had been gathering dust for many years (though I will buy the more high quality bottled Knudsen stuff occasionally for convenience). Energy levels way up. I've lost 9 pounds in the last 14 days and I haven't been hungry at all. I had forgotten how much those heavy greasy foods slowed me down and how crappy they made me 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 perspective, whipping up a quick and healthy meal is much easier than reading a &^%\$#*&^(!& Roland manual.

;o)
