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## Squirrelletta

Posted by SeoulKiwi - 2008/09/21 04:42

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Hi

I read your message to Angela below and you sound like you are doing fab!! Would you share your experience to date? 110lbs is awesome!!! You mentioned you are working your way to 80%, how long has it taken to work your way up?

I am also reading Raw Emotions, it is really pushing my addiction buttons. I have a lot of weight to lose, 25kg gone on Weight watchers, I need to release another 15kg or so.

I hope you don't mind me asking, it is just great to know other people are in a similar situation.:)

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## Re:Squirrelletta

Posted by Squirrelletta - 2008/12/02 23:49

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Hi,

Sorry about the delay, I haven't been on in a while and I guess this doesn't shoot new posts to my e-mail.

I've been meaning to share whats been going on for me in my recovery as several people have asked. Here's a basic synopsis until I get more time! (I'm at work! LOL :P)

I started with whole foods and dropping anything deemed "diet" from my eating (as it obviously didnt seem to be working for the masses, at least in the US! Plus the ingrediants are horrific!)That was about 2001.

My discovery of "raw foods" an optimal nutrition in general came about about 2 years ago. I went to a lecture by Tony Zavista and heard about "Green for life" (By V. Boutenko (sp?))type smoothies and added them to my diet. Thats been the one staple thing I've really stuck to for two years now (Wow, that went by fast!) and the best way I tell newcomers to start out. Simple & quick.

HOWEVER...I did decide personally I needed more emotional recovery and became a member of O. A. (Which is mentioned in Raw emotions and I HIGHLY recomend as well.)This came about because although I've had strong beliefs on what I wanted to be doing, I was unable to go more than 2 days without bingeing or eating foods I knew where just no good for me. (On a lot of levels)

The emotional/spiritual recovery is eveything to me now. As they say "Come for the vanity, stay for the sanity." My life and the amount of happiness and serenity I have is worth more than 10x the weight I've lost and still have to lose. (Im currently 9 months pregnant and doing great on a high raw diet---oh...about 60% average over the 9 months and 90% now a days if Im not too sick or with the heartburn)I've gained around a healthy 22 pounds compared to 70lbs with my son 4 years ago!

So...thats the basic. I love questions and will try to do a formal write up and get it up someday for everyone. Just remember its a journey, enjoy it and DO NOT beat yourself up along the way. Your right where you need to be!

Love and best wishes,  
Nicole  
AKA: Squirrelletta

PS: Sorry about the typos, this keyboard is awful!

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## Re:Squirrelletta

Posted by saimeng1r - 2009/04/20 08:41

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The true meaning of the bumper sticker, which says, "Live long enough to embarrass your kids" has new meaning once you have a teenager. My daughter just turned 15 and suddenly I am now the most embarrassing person she can be seen with. Rather than take this personally I have decided to revel in the power it gives me.

Of course many of you have had the "You aren't wearing THAT" argument but I turned the tables on my daughter. She was

wanting to wear midriff tops and tanks with bra straps showing ... both of which I had been carefully taught were fashion no-no's. The other day I picked her up from school and stopped at the grocery store. wow power leveling "Mom! You can't go in dressed like that!" "I am staying in the car!"

Imagine ... a 50-year-old dressed just like her 15-year-old, and she does not want to be seen with me. Well ... I admit the embarrassment was worth every moment...she has now dressed a bit more conservatively. She HAD to go in the store with me as it was too hot to sit in the car. wow gold,It was a priceless moment that also was a bit cheeky of me to enjoy so much.

Recently she wanted to dye her beautiful auburn hair black. Yes she has naturally beautiful auburn hair but wants it to be black because she states, "Auburn is SO boring!" Of course my reply, "Oh my gosh ... women all over the world for die for your hair!" was ineffective, however, as I plopped the box of purple hair dye onto the counter and said "Sure, just as soon as I am finished dying mine purple."

Yep, the purple dye sat on the counter ... I had called her bluff. "Perhaps if we both wait a couple weeks and you still insist on dying your hair black, mine will be purple just in time for me to chaperon your next school dance. That is coming up in two weeks, right? I bet your friends will think I am the coolest mom there!" She is visibly cringing. I can see thoughts racing through her mind. Her mom with purple hair at her school dance.

I am praying, please, PLEASE don't dare me to go with purple hair, but I stand firm. "Yes, I think I'd be pretty with purple hair. It is Dad's favorite color."wow power leveling, She knows it really is his favorite color. Finally she shrugs and says "Nevermind." Whew ... she changed her mind. I am so relieved but I keep rambling on about purple hair as she leaves the room.

She knows I would do it. I have done sillier things to prove a point. I am not sure how long I can keep this up. I am praying she does not ask about piercing next, but I have already asked my husband to pick up a pamphlet from our nearest piercing place, just so I can whip it out and show her which one "Mom" might get, too. Of course she may never go that far. I am hoping ... praying ... and a bit nervous. When "Mom" wants to do it too—suddenly it just isn't that cool.World of warcraft Power Leveling

Yep ... I can be pretty silly. Looking at life with humor makes it bearable sometimes. It isn't all fun and games.

is true that most of us value honesty highly. However, nowadays we often confront confidence crisis such as cheating, overcharging, fake commodities and so on. I think that we should be honest because being honest is not only beneficial to ourselves but also to others and the whole society. The reasons can be listed as follows.Firstly, only honest people can be truly respected by the others and can make more friends over a long period of time. Secondly, honesty, which is the traditional virtue of the Chinese people, can make our life easier and more harmonious. Thirdly, honesty can make our society more stable. A case in point is that Singapore, a society featuring trustworthiness and integrity, has a comparatively low criminal rate.

World of warcraft Power Leveling,

Responsibility can be understood in many ways. for the parents ,

they have had the responsibility for caring for and fostering their children since the birth of their baby.for teachers,both in kindergartens and colleges,they also should be responsible for the study and life of their students,that is to say,teachers are the second parents of children somewhere. World of warcraft gold

for us,as a friend of others,it is our responsibility to help our friends when they are in trouble or faced with difficulties. each one has the different responsibility based on their roles but we must take it for granted that we are responsible for the society .

my family

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Posted by aaaawow - 2009/05/08 13:22

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## Re:Squirrelletta

Posted by thalz - 2011/09/19 12:24

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In the game, do you know how to sell rift plat to make money? If you say no, you're not a good player. In the game, if you are a member of the game team, you can sell the rift Platinum to the others. This is one of the ideas. If you have any other thinks about sell rift Platinum, you can share to us.

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