

---

## New with QUESTIONS!

Posted by Nenuphar - 2008/10/09 05:10

---

Hello,

I am an omnivore who is exploring the idea of introducing raw food - lots of it - into my diet. I am 70lbs overweight and feeling very unwell (and frighteningly old and achey for my 36 years), so something has got to change. I have done some juicing and some sprouting, both of which I really enjoy.

Last week I discovered an online business in BC, Canada that sells raw products and ordered a bunch of raw nuts, bee pollen, cacao beans, and coconut butter (that stuff is HEAVENLY!). Today for the first time I tried cacao beans and was - am- surprised, to say the least, by the effect. I'm not sure yet whether I like it, to be honest. I've read articles saying it induces a feeling of euphoria, a high, bliss. I'm not sure I feel euphoria, but high? Maybe. As someone who has never used drugs, I wouldn't know "high" if I tripped over it. \*L\* I feel wired and spaced out at the same time, and I only had two! It's a little unnerving. It's like the "wired" from drinking too much coffee but without the jitters. I think I'd better use those little goodies in moderation. :S Eek.

I have also never used bee pollen but have read great things about it. Is it eaten "straight", as is? And how much is considered a "serving"? Should it be stored in the fridge or freezer?

I ordered mesquite powder, too. Again, I have never tried it but have read great things. I think I'd like to try it in a smoothie. Anybody have a good smoothie recipe that incorporates the mesquite and cacao? I have a vision of sprinting to work tomorrow morning and bouncing off the walls after drinking a smoothie with these ingredients...the cacao alone has me zinging...can you imagine a jolt of a super smoothie? :woohoo:

Thanks for "listening",  
Nenuphar

---

## Re:New with QUESTIONS!

Posted by SeoulKiwi - 2008/10/12 09:22

---

Welcome to raw reform forum, it is great to see a new name here! I cannot help out with info on the foods you have mentioned above sorry, just wanted to say welcome and good luck for this new journey you are on!!!

---

## Re:New with QUESTIONS!

Posted by flyfish - 2009/06/17 08:54

---

### Memory Lane Isn't What It Used to Be

About this time every year, I get very nostalgic. Walking through my neighborhood a fall afternoon reminds me of a time not too long ago when sounds of children filled the air, children playing games on a hill, and throwing leaves around in the street below, I was one of those children, carefree and happy. I live on a street that is only one block long. I have lived on the same street for sixteen years. I love my street. One side has six houses on it, and the other has only two houses, with a small hill in the middle and a huge cottonwood tree on one end. When I think of home, I think of my street, only I see it as it was before. Unfortunately, things change. One day, not long ago, I looked around and saw how different everything has become. Life on my street will never be the same because neighbors are quickly growing old, friends are growing up and leaving, and the city is planning to destroy my precious hill and sell the property to contractors. (wow power leveling,)

It is hard for me to accept that many of my wonderful neighbors are growing old and won't be around much longer. I have fond memories of the couple across the street, who sat together on their porch swing almost every evening, the widow next door who yelled at my brother and me for being too loud, and the crazy old man in a black suit who drove an old car. In contrast to those people, the people I see today are very old neighbors who have seen better days. The man in the black suit says he wants to die, and another neighbor just sold his house and moved into a nursing home. The lady who used to yell at us is too tired to bother anymore, and the couple across the street rarely go out to their front porch these days. It is difficult to watch these precious people as they near the end of their lives because at one time I thought they would live forever. (wow gold,)

The "comings and goings" of the younger generation of my street are now mostly "goings" as friends and peers move on. Once upon a time, my life and the lives of my peers revolved around home. The boundary of our world was the gutter

---

at the end of the street. (world of warcraft power leveling,) We got pleasure from playing night games, or from a breathtaking ride on a tricycle. Things are different now, as my friends become adults and move on. Children who rode tricycles now drive cars. The kids who once played with me now have new interests and values as they go their separate ways. Some have gone away to college, a few got married, two went into the army, and one went to prison. Watching all these people grow up and go away only makes me long for the good old days.

Perhaps the biggest change on my street is the fact that the city is going to turn my precious hill into several lots for new homes. For sixteen years, the view out of my kitchen window has been a view of that hill. The hill was a fundamental part of my childhood life; it was the hub of social activity for the children of my street. We spent hours there building forts, sledding, and playing tag. The view out my kitchen window now is very different; it is one of tractors and dump trucks tearing up the hill. When the hill goes, the neighborhood will not be the same. It is a piece of my childhood. It is a visual reminder of being a kid. Without the hill, my street will just another pea in the pod. (world of warcraft gold,)

There was a time when my street was my world, and I thought my world would never change. But something happened. People grow up, and people grow old. Places change, and with the change comes the heartache of knowing I can never go back to the times I loved. In a year or so, I will be gone just like many of my neighbors. I will always look back to my years as a child, but the place I remember will not be the silent street whose peace is interrupted by the sounds of construction. It will be the happy, noisy, somewhat strange, but wonderful street I knew as a child.

=====

## Re:New with QUESTIONS!

Posted by qweff110 - 2009/07/07 10:21

---

For cheaters, it's a good time to be alive because cheating has never been easier. Several large hookup websites function solely as discreet services for extramarital dating, and they do so without shame. They even tutor you on how not to get caught.

world of warcraft gold

To make matters even more favorable, divorce has lost its social stigma. Cheating didn't cause that -- not directly at least -- but as a fact it favors the cheaters. Furthermore, in the spirit of equality and the E.R.A. movement, cheating is no longer a largely male endeavor; in fact, women have been hard at work closing that statistical gap since the 1960s.

cheap wow gold

Getting caught isn't such a big deal anymore either. Granted, in Michigan adultery is technically still on the books as first-degree criminal sexual conduct, a felony punishable by up to life in prison, while in some Middle Eastern countries (namely Iran) the same crime can result in being stoned to death. However, these are the exceptions, not the rules. In truth, unless you're in politics or the clergy, the worst punishment awaiting most buy wow gold cheaters is not criminal but moral. And if you're cheating, morals aren't a big priority to begin with.

On that bright note, we present 2 things you didn't know about cheating.

Ovulation is a hell of a time for a woman. She feels sexier. She may dress more provocatively -- in tighter clothes or fewer clothes -- than at another time of the month. In an evolutionary scheme this makes good sense:

world of warcraft gold In an effort to propagate the species, she's at her most fertile and flirtatious at the very same time. But shouldn't this instinct shut down when the woman is in a relationship?

Of course not; her genetic code has no idea she's in a relationship, has no idea what that wedding ring means. In fact, results from a University of New Mexico study published in the esteemed Proceedings of the Royal Society suggest a strong link between ovulation (i.e., female fertility) and a heightened interest in men other than her spouse.

=====