
new to raw

Posted by lindsayloo - 2009/04/19 05:30

Hi! My names Lindsay and i just recently heard about this raw diet. Im 19 years old and I was actually born without a thyroid. So i have struggled with my weight since before i can remember. I am pre-diabetic right now and just recently had a type 2 diabetes scare. I realized i have to do something about this or it will only get worse.

This womans story inspired me because it reminds me of my own story. I was wondering for those of you who have been on this diet, how should i start this without getting to overwhelmed? Also if you have any tips for me. I think this will be my turning point.:cheer:

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Re:new to raw

Posted by oxy - 2009/06/14 04:46

hi lindsay!

i am totally fascinated by the experiences of a number of people and have been reading about this way of life for the past few days apart from watching lots of videos on youtube. i am overweight and have decided to start with the raw lifestyle tomorrow morning. the preperations were done today...i organised a food processor for myself and went to buy organic food for the first time ever! i am really looking forward to the next thirty days of raw!

how about you? have you been able to notice anything positive?

cheers (sipping my last glass of wine for quite a while...;)

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Re:new to raw

Posted by qweff110 - 2009/07/07 10:20

Like most things, the Internet has its good and its dark side. And, considering the pervasiveness of the Internet in society, wow gold it is certainly having an effect on our brains. After all, everything we do affects our brain. Though up until the 1980's, it was universally believed that the steam engine was the foremost invention of the Industrial Revolution, technology and science historian, Lewis Mumford, had long before proposed that that clock was in fact the key machine of the modern Industrial age. buy wow gold And, just as people began operating and planning according to seconds and minutes, in the age of the internet, we are rewiring our "plastic" brain to function more and more like computers. Processing, decoding and storing floods of information at a rate faster than we ever have before, our brains are becoming highly adapted to taking on scores of tasks at once.

World of warcraft gold

A 2008 study conducted by the Semel Institute for Neuroscience and Human Behavior at UCLA found that middle-aged and older adults who spent time browsing the web not only boosted their brain power but also could help prevent cognitive decline such as Alzheimer's disease and dementia later on in life.

The study looked wow power leveling at the brain activity of 24 neurologically normal volunteers between the ages of 55 and 76. Half had experience web surfing, the other half did not. Using functional magnetic resonance imaging (fMRI) scans the scientists recorded the brain-circuitry changes (the blood flow through the brain) and compared them as the patients performed web searches and as they read book passages.

A remarkable finding was that though all participants showed significant brain activity during book-reading tasks, World of warcraft Power Leveling which correspond to language, reading, memory and visual abilities, the web-savvy group also registered activity in the areas of the brain which control decision-making and complex reasoning. With the wealth of choices available on the net, knowing how to perform the most effective searches and making decisions on what to click on, engages important cognitive circuits in the brain. This finding also demonstrated that our brains are sensitive, or, "plastic", cheap wow gold and can continue to learn as we grow older.

So spending time on the Internet can be beneficial as you get older, but what about when you're young? According to researchers from Michigan State University, home Internet access can be a good educational tool, especially for hard-to-reach populations. Also, it has had positive effects on the academic performance of low-income, mostly African American children and teenagers.

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