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## Hello!

Posted by Yvette - 2008/12/17 01:49

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Hi everyone

I decided to start a raw diet on 26 October 2008. My BMI index was 35 at the time, and within 3 weeks it was 30. My chronic back pain of 1.5 years suddenly became more manageable and there are days that I have not pain (I remain amazed). I have a very busy life and do find the food preparation daunting. Also, I am not 100% raw. I'd say that I eat raw 90 - 95% of the time, but I still eat popcorn (need the crunch and salt, I guess). I look forward to reading more about others ideas for this healthy lifestyle choice. I am a bit concerned about how to handle eating when I travel outside of my country of origin (I usually practice the rule of if it is not cooked or peeled, don't eat it). So advice in that area would be appreciated.

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## Re:Hello!

Posted by flyfish - 2009/06/17 08:51

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1. One is always on a strange road, watching strange scenery and listening to strange music. Then one day, you will find that the things you try hard to forget are already gone
2. Happiness is not about being immortal nor having food or rights in one's hand. It's about having each tiny wish come true, or having something to eat when you are hungry or having someone's love when you need love. (wow power leveling,)
3. Love is a lamp, while friendship is the shadow. When the lamp is off, you will find the shadow everywhere. Friend is who can give you strength at last.
4. I love you not for who you are, but for who I am before you.
5. If you can hold something up and put it down, it is called weight-lifting; if you can hold something up but can never put it down, it's called burden-bearing.
6. We all live in the past. We take a minute to know someone, one hour to like someone, and one day to love someone, but the whole life to forget someone.
7. One may fall in love with many people during the lifetime. When you finally get your own happiness, you will understand the previous sadness is kind of treasure, which makes you better to hold and cherish the people you love.
8. When you are young, you may want several love experiences. But as time goes on, you will realize that if you really love someone, the whole life will not be enough. You need time to know, to forgive and to love. All this needs a very big mind.
9. When tomorrow turns in today, yesterday, and someday that no more important in your memory, we suddenly realize that we're pushed forward by time. This is not a train in still in which you may feel forward when another train goes by. It is the truth that we've all grown up. And we become different. (world of warcraft power leveling, )
10. If you leave me, please don't comfort me because each sewing has to meet stinging pain.
11. Don't forget the things you once you owned. Treasure the things you can't get. Don't give up the things that belong to you and keep those lost things in memory.
12. I love and am used to keeping a distance with those changed things. Only in this way can I know what will not be abandoned by time. For example, when you love someone, changes are all around. Then I step backward and watching it silently, then I see the true feelings.
13. Is there anyone who hasn't suffered for the secret love? We always think that love is very heavy, heavy and could be the heaviest thing in the world. But one day, when you look back, you suddenly realize that it's always light, light. We all thought love was very deep, but in fact it's very thin. The deepest and heaviest love must grow up with the time.
14. If a woman is not sexy, she needs emotion; if she is not emotional, she needs reason; if she is not reasonable, she has to know herself clearly. coz only she has is misfortune.
15. In your life, there will at least one time that you forget yourself for someone, asking for no result, no company, no

ownership nor love. Justask for meeting you in my most beautiful years.

16.I don't think that when people grow up, they will become more broad-minded and can accept everything. Conversely, I think it's a selecting process, knowing what's the most important and what's the least. And then be a simple man.

17. When you feel hurt and your tears are gonna to drop. Please look up and have a look at the sky once belongs to us. If the sky is still vast, clouds are still clear, you shall not cry because my leave doesn't take away the world that belongs to you.

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## Re:Hello!

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

HUMANS are not alone in struggling to stay slim. Some planets go through a "fat" stage that swells their waistlines temporarily, which possibly explains why some gas giants are unexpectedly large.

"Astronomers have power leveling found a lot of planets whose sizes cannot be explained by standard theory," says Laurent Ibgui of Princeton University. The difference between predicted and measured widths of so-called "hot Jupiters" can be 30 per cent or more.

Previously, astronomers assumed that, because cold gas takes up less volume than hot gas, hot Jupiters would shrink as they lost their initial heat.

wow power level  
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Now a computer simulation by Ibgui suggests this effect can be temporarily halted in hot Jupiters that begin life in highly elliptical orbits. These planets are alternately squeezed and stretched as they circle their stars, resulting in "tidal heating" that warms the gas inside the planet. This counteracts the cooling effect, inflating the planet - an effect that can last for a billion years or more. Eventually, though, the planet's orbit will become more circular, and the hot Jupiter resumes shrinking. Ibgui presented the research at an American Astronomical Society meeting in Pasadena, California, last week.  
world of warcraft power leveling  
The model doesn't quite explain the superpuffy appearance of all hot Jupiters, says Jonathan Fortney of the University of California, Santa Cruz. "It requires these planets to start their lives on very eccentric orbits, which is possible, but not currently the preferred scenario."

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## Re:Hello!

Posted by ranlin1r - 2009/08/01 08:51

### Imagine Life

Imagine life as a game in which you are juggling some five balls in the air. You name them: Work, Family, Health, Friends, Spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls - family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

last chaos gold,  
How?

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as you would cling to your life, for without them, life is meaningless.

buy last chaos gold,

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

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Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us each together.  
last chaos money,  
Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.  
last chaos money,  
Don't run through life so fast that you forget not only where you've been, but also where you are going.

To read extensively or to read intensively

Bathed in so many worthy books, every one is faced with the option of reading method. Some think that we should read extensively. It is their conviction that, reading extensively could easily enlarge knowledge, widen interests and enrich lives.

last chaos gold,

On the other hand, with the sharp increase in information today, we are not allowed to read word by word. It seems an impossible mission to accomplish digesting carefully every material. Therefore, what we need nowadays is to read extensively.

Imagine Life

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**Re:Hello!**

Posted by daifan1r - 2009/11/23 12:14

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I'm the Only One

She was my sister and she was sleeping late. She's a lot older than me and at the time she was about to break into films, directing them, so everybody was indulging her. She was the only girl, too. If something didn't work out in her life and she had to come home for a while, it was a big deal. It mattered more to me than if I fucked up in one way or another. When Kelly was at home you had to creep around the house and keep your voice down even if it was in the middle of the afternoon. Our mother's Canadian - I don't know why I say that, except maybe it helps explain her opinion about Kelly: Smarts Needs Special. It was this crappy little phrase that she had made up and it meant that clever people, wow power leveling, People with special talents, need special treatment. Like they have a disease. You have to meet the Canadian side of our family to understand how cute she thinks that phrase is. I remember thinking that it was bullshit when I was fourteen and it still smells bad now. But to my mother, Kelly was this asteroid that had landed in our lives and no one knew how she got there - what size hole she was going to leave. I've never been very good at school, and Pete, our older brother, is the same. Then along comes Kelly. So my mother has us all pussy-footing around like a family mime troupe, waving our hands, taking our shoes off. replica rolex,

I'm thinking of a particular thing, I was creeping around trying to make a silent breakfast, opening cupboards quietly, acting like I didn't exist. I'd been doing it for a couple of weeks since Kelly got back. It felt like I'd been doing it my whole life. The situation came about because earlier in the year Kelly had moved in with this guy called Aidan. They bought furniture, the whole works. Then she cheated on him and he left her. Apart from Kelly being back in our house, it was also a shame because Aidan was the only man she ever went out with, before since, whom I've had any time for whatsoever. Aidan was a top, replica rolex, man, a good guy. The thing I like about him was that he was smart, but he didn't need much of this special treatment. He was Irish, from Dublin, and he could be funny, he could talk football and he liked to see other people's mouths open and close besides his own. It was good knowing someone like him. I needed it; what with dad not being around, Pete married and gone; and me in a house full of women. That was the year I was praying for a few more inches on my height and shaving the bare space under my nose hoping that something might turn up. So it was good to know Aidan, six foot three and hairy as a bear. He was hairy back and front and Kelly would tease him about it, and he would laugh her off - tell her she could do with losing a few pounds which, between you and me, was nothing but the truth. She was a fat little thing back then. And he went and told her, straight-up; didn't care that she was almost, sort of, famous. He told it how it was. That was the way he loved her. She never appreciated it, replica rolex, though, and then she had this fling with some pretty boy in the film industry. But you could see she realised what she'd lost when he left her because she slunk back home and holed herself up in Pete's old room that I'd been using for weights. She took it over and lay in there all day in the dark curled up in a stinking duvet watching old black-and-white films. I remember asking her, 'Why can't you use your own bedroom?' She had a small bedroom upstairs that used to be covered wall to wall in her school friends' graffiti until she went off to university and mum whitewashed the whole thing. I asked her again, 'Why can't you use your own bedroom, that's what it's there for.' She said, 'I can't sleep and work in the same room. I need a study.' She said it as if a study is one of those things you can't do without, like clean water. I said, 'But I need to exercise.' She said, 'You're fourteen. Your body isn't even developed. The only thing you need to do is stop beating the

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bishop befe you go blind.' This was classic Kelly. She always knew how to make you feel four inches long in every direction.

replica rolex,

So she came back, and I had to move out all my weights and spread them around the house wherever there was space. I put the bench press in my room along with the free weights. I put the Abdominizer in the lounge. I stuck the chin-up bar at the top of the stairs which lead down to the front do. And even though I was pissed off with Kelly f taking the spare room, having the weights all over the place did make it me like circuit training and doing circuits made me feel like I was Rocky. It's what they do in the middle of Rocky movies; a two-minute sequence to show that over a number of months he got fit and pumped up. You pray f that kind of speedy, magic-time when you're wking out, the same way you wish your adolescence would pass like it does in a TV serial: a school scene, a sex scene and graduation. It's slower and faster than that. And some events become still and solid, and turn into a thing in your life, an object like a lampshade an ironing board. They hang around; you could reach out and touch them. This day I'm trying to tell you about is like that. So: my exercise. I'd start in my room, and do about four sets of twenty. Then I'd run downstairs and start on the Abdominizer. If you've never seen one, they're like half of something fun, half a bike replica rolex, half a swing. You lie down in them and you do sit-ups. You spend good money trying to make sit-ups something else. In the end, a sit-up is a sit-up. But I'm a big a mug as anyone and I'd try and do two hundred sit-ups in that thing in sets of fifty. The pain was very bad. So I'd think of something that pissed me off, usually Kelly, and the anger would help me push out the last fifty. I wanted to show her that I could develop if I wanted to. Because there was always this thing between her and me that we were both kind of overweight, and always telling the other one that they were obsessed with it. So if Kelly didn't eat lunch, I'm the Only One

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