

## eating right

From: Mazie Watson <maziewatson@yahoo.com>

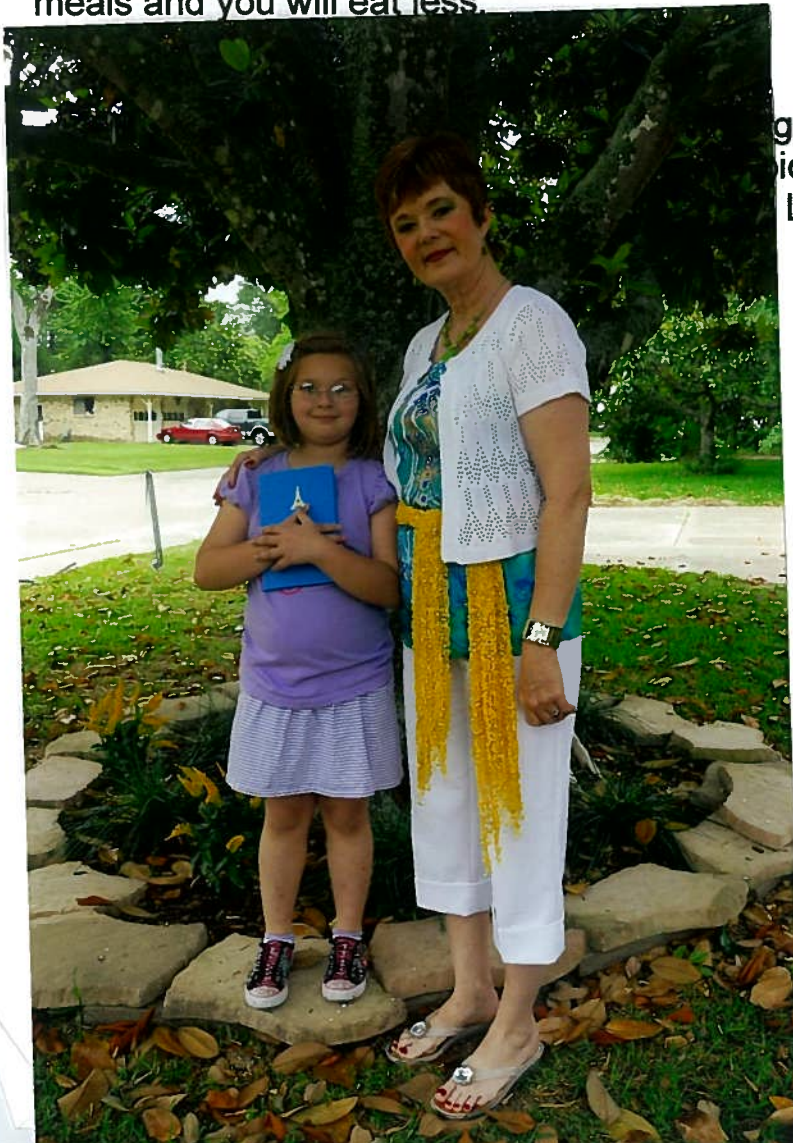
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Thu, May 20, 2010 9:19:16 AM

To: Debbie Beavers <doctordebbe10@yahoo.com>



In February of this year I took all white foods out of my diet. At this time I weighed about 147 lbs. I was taking high blood pressure medicine plus also had high cholestrol and high triglosrites. For three weeks I ate protein three times a day (eggs tilapia or salmon every day) plus lots of green vegetables. No sugar and I started using the sweetner Truvia. That was a very hard three weeks. Then I started eating for breakfast every morning: one orange, one banana, blueberries, half pear or half apple. (covered in cinnamon) Other foods that I have learned to eat is butternut squach, spaghetti squach, lots of satuated vegetables chicken cooked in a lot of different ways and I am now eating half of what I use to eat. I weigh 140 lbs. Have lost 5 inches in my waist and 3 inches off my hips. I was wearing a size 12 pants now I wear sizes 8 and 10. I walk everyday, do lots of yard work, and have lots of energy. For snacks I eat almonds, brazil nuts, some nutrition bars. Drink lots of water. Also the very first thing I do in the morning is squeeze half a lemon into a glass add a dash of cayane pepper, about one forth cup of water and drink very fast. I have truly found that if you will eat correctly you will not get hungry between meals and you will eat less.



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Debbie if you could please correct my spelling that would be great for me. I don't have pictures yet. Trask is very busy working on pictures he takes for his business. Hopefully I can get him to fix them for me this weekend. Let me know if you need any more information. Love mazie