

YLD Chat Transcript June 30, 2004

<Ann H> Hello Everyone!  
<Cece> Hey Ann! : )  
<Miles> Hi :)  
<Vicki G> Hi  
<Analisa> <Enter Text Here>hey y'all it's my first yld chat!  
<Vicki G> welcome Analisa  
<Analisa> heh obviously  
<Patti> Hi Analisa, welcome!!  
<Cece> Hey Analisa... great to have you join us!  
<Ann H> Welcome Analisa!  
<Analisa> I'm nursing two babies while i chat so i can only get my hands free occasionally :D  
<~MM~> omigosh, Analisa  
<Cece> WoW!  
<Patti> awe  
<Vicki G> now that is a challenge  
<Ann H> Wow!  
<Kathleen DesMaisons> hi everyone  
<Miles> congrats, Analisa...I was a Leader  
<Vicki G> Hi Kathleen  
<Patti> Hi Kathleen  
<Kathleen DesMaisons> do we have anyone here for the first time?  
<Janice> hi  
<Cece> hi : )  
<Lori G.> Hi  
<HeatherD> hiK  
<Ann H> Hi Kathleen  
<Analisa> hee i'm multitasker extradoinaire (have to be w/ a 2 year old and 2 6 mos olds)  
<Analisa> yes me, KD  
<Kathleen DesMaisons> welcome!  
<Analisa> thx  
<Lori G.> I am usually a monday nite chatter  
<Kathleen DesMaisons> we will have a topic tonight  
<Kathleen DesMaisons> and things may move quickly  
<Kathleen DesMaisons> just listen along and do the best you can <smile>  
<Analisa> k :)  
<Lori G.> all ears  
<Kathleen DesMaisons> ok, so tonight I want to share an interesting study I have been looking at  
<Kathleen DesMaisons> it basically talks about what many of us have been saying  
<Kathleen DesMaisons> that you can be fit and fat  
<Pamela> has joined the chat room--  
<Kathleen DesMaisons> and that fit and fat is WAY better than thin and not fit  
<Vicki G> what study is this Kathleen?  
<Kathleen DesMaisons> this means that we can do things while we are fat to get healthy  
<\*Sue\*> .  
<Kathleen DesMaisons> it comes out of the cooper institute in Dallas  
<Cyndi G> yeah  
<Patti> well I'm sure any weight is not good if you are not fit or working towards it  
<Kathleen DesMaisons> very serious science

<Sheila> yeah Dallas  
<Kathleen DesMaisons> ok but I want you to really think about this  
<Vicki G> great  
<DeAnna> .  
<Kathleen DesMaisons> we have struggled with what being \*fit\* means  
<Lori G.> ok  
<Ann H> ok  
<Kathleen DesMaisons> because when you are fast, many \*fit\* activities are difficult to  
<Kathleen DesMaisons> when you are fat  
<Cece> I think the difficulty adds to our fitness levels  
<Kathleen DesMaisons> sorry for that typo, it was distracting  
<Kathleen DesMaisons> ok, so here is my sense  
<Kathleen DesMaisons> doing the food shifts the mental capacity to think about being fit  
<Kathleen DesMaisons> instead o f being reactive, overwhelmed and moody, we can be focused and intentional, yes?  
<HeatherD> Oh yeah!  
<Ann H> yes!  
<Patti> yes  
<Lindsay> yes...clear headed  
<Lori G.> give it a go  
<Janice> yes  
<Cyndi G> oh my yes  
<Miles> Yes! this was the first time EVER that I wanted to begin exercising long before I started losing weight  
<Pamela> yes  
<Analisa> getting there :)  
<Kathleen DesMaisons> but we have thought we were sort of \*settling\* for  
<DeAnna> yes  
<Kathleen DesMaisons> while we waited for weight loss, right?  
<Pamela> yes  
<Analisa> definitely  
<Kathleen DesMaisons> we didn't really admit it  
<Cyndi G> yes, have to get that out of the mind  
<Kathleen DesMaisons> LOL  
<HeatherD> yes  
<Lori G.> kinda of like buying "thin" clothes  
<Kathleen DesMaisons> because we are supposed to be kewl, but we all thought it  
<Kathleen DesMaisons> the \*real\* payoff is the pounds  
<Kathleen DesMaisons> yes?  
<Analisa> yes  
<Cyndi G> rats, you always read our minds  
<Ann H> yes  
<\*Sue\*> if we were being honest, yes :)  
<Pamela> yes  
<Lori G.> me 2  
<Sheila> for me, the real payoff is feeling better  
<Kathleen DesMaisons> ok, well tonight, I want to shift this in a big way  
<Vicki G> yes Sheila  
<Lindsay> Fraid so  
<HeatherD> good  
<Kathleen DesMaisons> focus on FIT

<Cyndi G> ok  
<Lori G.> how  
<Vicki G> how are you defining fit?  
<Kathleen DesMaisons> and fit does not just mean going for a walk  
<Kathleen DesMaisons> I am getting there  
<Val> fabulous!  
<HeatherD> uh oh  
<Kathleen DesMaisons> having the capacity for sustained exercise  
<Sheila> fit and feeling better sounds like a great combo  
<Cyndi G> oh oh  
<Kathleen DesMaisons> having muscle tone under the fat  
<Lindsay> I'm a long ways from that...  
<~MM~> me too sheila  
<Ann H> me too Lindsay!  
<Lori G.> I know it's under there somewhere :o)  
<Cyndi G> me too Lori G  
<Kathleen DesMaisons> ok, we now have a system that I am totally convinced will create the foundation for any other fitness stuff we want  
<HeatherD> drum roll please  
<Kathleen DesMaisons> don't gotta look no more  
<DeAnna> I actually now have muscle tone under the fat and it shocked me  
<Lori G.> way cool  
<Kathleen DesMaisons> yes, that is the start  
<Vicki G> great DeAnna  
<Kathleen DesMaisons> exactly  
<Kathleen DesMaisons> muscles under the fat  
<Cyndi G> like the sound of this  
<Ann H> Wahoo DeAnna  
<Cece> I've been doing lots of endurance stuff and building muscle... I'm struggling with beginner mind about CST though  
<Kathleen DesMaisons> muscles that hold you, balance you  
<Cyndi G> :)  
<Lindsay> CST is a kinder gentler approach...  
<Kathleen DesMaisons> I know but approaching the CST system with beginners mind is as important as \*doing\* it  
<Kathleen DesMaisons> it is just like doing the food  
<Cece> I get that  
<Lindsay> much like Radiant recovery  
<Kathleen DesMaisons> RR and CST are a pair  
<Cece> It just feels scary not be sure where I'm going with it  
<Kathleen DesMaisons> put them together and you get a mighty package  
<Lori G.> sorry, what is CST?  
<Cece> It's alien to be that present. A bit uncomfortable  
<Kathleen DesMaisons> not being sure is a very good thing for you Cece <smile>  
<Lindsay> Circular Strength training  
<Cece> Well I don't like it... : )  
<Kathleen DesMaisons> CST is the circular strength training program that we learned about at ranch  
<Lori G.> thanks.  
<Kathleen DesMaisons> it has many levels  
<Vicki G> I'm introducing my 85 year old mother to it  
<Kathleen DesMaisons> but the introduction teaches a very simply series of doing circles with your joints

<Cyndi G> more info on CST  
<Ann H> how does she like it Vicki G?  
<Joy Lynn Hertz> Awesome Vicki  
<KC from BC> .  
<Lori G.> like the finger thing  
<Kathleen DesMaisons> it opens up joint mobility  
<Vicki G> she hasn't' tried it yet  
<Val> wonderful Vicki!  
<Vicki G> starting tomorrow  
<HeatherD> .  
<Kathleen DesMaisons> like the finger thing but with all the joints  
<Lori G.> got it  
<Kathleen DesMaisons> it is easy, gentle and you go slowly  
<Kathleen DesMaisons> it creates FITNESS  
<Lindsay> love that finger and wrist motion thing...  
<Kathleen DesMaisons> some of the folks who are doing it and have been doing it for only a month are describing amazing changes  
<Cece> Aww... thanks Patti... sitting here crying... <sigh>  
<Miles> .  
<Kathleen DesMaisons> just like what happens with the food  
<carolyn> <Enter Text Here>what if you have arthritis in your knees?  
<~MM~> .  
<Kathleen DesMaisons> this is about being able to get out of chairs and cars  
<Vicki G> you can do it Carolyn  
<Joy Lynn Hertz> .  
<Kathleen DesMaisons> carolyn, it helps  
<Cece> Thanks... I needed that!  
<Cyndi G> oh what a concept  
<Vicki G> my knees are very happy with it  
<Lindsay> I sure need that...  
<Val> and up and down from the floor :-)  
<Kathleen DesMaisons> being able to wipe your butt  
<Kathleen DesMaisons> not being stiff  
<Cyndi G> :)  
<Kathleen DesMaisons> not having headaches  
<Val> and dry your hair in the back  
<Lindsay> Could also have my furniture reupholstered.  
<Vicki G> moving more easily and with less creaking  
<Kathleen DesMaisons> not having carpel tunnel from the computer  
<Analisa> i'd love to have an easier time getting up off the floor  
<Lindsay> Pretty practical stuff...  
<Kathleen DesMaisons> very grounded  
<Patti> being able to round up 15 cats that snuck into the garage! LOL  
<Kathleen DesMaisons> and then there is other stuff  
<Cyndi G> like being "younger"  
<Kathleen DesMaisons> right, if you desire having 15 cats  
<carolyn> I can't get down to the floor...  
<Lindsay> lolol  
<Patti> <smile>  
<Kathleen DesMaisons> carolyn, this will alter your body  
<Val> carolyn, this could change that, truly  
<Kathleen DesMaisons> here is how it is like doing the food  
<Kathleen DesMaisons> we say eat breakfast

<Cyndi G> the thought of all this just makes my face smile  
<Joy Lynn Hertz> My mobility has increased by leaps and bounds and I am just very basic.  
<Jean> will I get bigger boobs?  
<HeatherD> CST makes you feel your whole body and how it moves  
<Kathleen DesMaisons> and people say, it can't make that much difference  
<Kathleen DesMaisons> right?  
<Vicki G> you start wherever you are and then it slowly gets easier and easier  
<Kathleen DesMaisons> I need to go off sugar  
<Ann H> .  
<Kathleen DesMaisons> I need to eat a potato  
<KC from BC> .  
<\*Sue\*> I've been doing it for a month and cannot believe the difference in my chronic pain  
<Val> right  
<Kathleen DesMaisons> I have to do it all right now because I am so out of control  
<Kathleen DesMaisons> exactly sue  
<carolyn> amen  
<Val> mine too, sue  
<Vicki G> baby steps Carolyn  
<Kathleen DesMaisons> now, what exercise plan have any of us stuck with for a month  
<Kathleen DesMaisons> let along been able to say something like that  
<Lindsay> not many if any  
<Val> none here, LOL  
<Joy Lynn Hertz> Right.  
<Ann H> none!  
<Cyndi G> not me  
<KC from BC> 90 walks 90 days  
<Kathleen DesMaisons> ok, so here is where I am going  
<Val> I always felt \*worse\* with other exercise plans  
<carolyn> nope  
<Jean> aquatic therapy  
<Kathleen DesMaisons> I think doing the circles makes it easier to do the food  
<Lindsay> hmmm  
<Cyndi G> how  
<Ann H> really?  
<Kathleen DesMaisons> it does something  
<Lindsay> and perhaps visa versa  
<Kathleen DesMaisons> it makes you less flappy  
<Vicki G> yes Lindsay  
<Patti> yes visa versa  
<DeAnna> Would it help for dance class? I have been so sore this week  
<Kathleen DesMaisons> and yes, I am sure vice versa  
<Lori G.> flappy?  
<Vicki G> yes DeAnna  
<Val> it grounds you  
<Kathleen DesMaisons> whinny, emotional  
<Kathleen DesMaisons> Absolutely, deanna  
<Patti> definitely DeAnna  
<Kathleen DesMaisons> and it reduces edema  
<Kathleen DesMaisons> in a big way  
<Lindsay> how?

<Kathleen DesMaisons> it releases neck tension  
<Cyndi G> oh my  
<DeAnna> thanks  
<Lori G.> you pee more  
<Kathleen DesMaisons> I don't know how, only that  
<Patti> in fact I want to create a dance using the circles, how kewl is that? :)  
<Kathleen DesMaisons> LOL  
<Joy Lynn Hertz> Yes, K my ankles are definitely a testament to that.  
<~MM~> .  
<KC from BC> I wonder if the lymph system is pump  
<DeAnna> Kewl!!!  
<Val> makes sense, KC  
<Kathleen DesMaisons> I don't know all the reasons, I only know that some major changes are happening with all of us  
<Lori G.> where do you find the routines?  
<Lindsay> Patti, that sounds like my non impact aerobics routine...dances with scarves...  
<Cyndi G> I will take this on faith just like the food  
<Lindsay> very freeing  
<Patti> <smile> Lindsay  
<Kathleen DesMaisons> go to [radiantecoverly.com/CST/CST.html](http://radiantecoverly.com/CST/CST.html)  
<Lori G.> thanks.  
<~MM~> Warrior Wellness beginning tape  
<Kathleen DesMaisons> well, here is an interesting thing  
<Lindsay> Scott has the "patience of Job" as we're learning...  
<Kathleen DesMaisons> Scott has insisted that his leadership team do the food  
<~MM~> wow  
<KC from BC> neat  
<Lindsay> neat...  
<Terri W> awesome!  
<Kathleen DesMaisons> I am moving toward doing the same on this side <smile>  
<~MM~> how are they taking that?  
<Lindsay> Like a marriage between the two approaches...  
<DeAnna> oh, good  
<Kathleen DesMaisons> the same way you guys will LOLOL  
<Val> oooh! glad I already started, LOL  
<Joy Lynn Hertz> I think that's great.  
<~MM~> LOL  
<Kathleen DesMaisons> I think everyone in the community needs to see us \*doing\*  
<Ann H> Glad I want to start  
<carolyn> how much does cst cost?  
<~MM~> well, I'm doing it  
<Lindsay> I've started but not sticking to a routine yet...  
<Kathleen DesMaisons> just the cost of the tapes  
<Cece> about \$58 including shipping  
<Kathleen DesMaisons> Lindsay, stick to a routine, goofy  
<Jean> when do the clubbells and the books come in?  
<Joy Lynn Hertz> Yes, I just ordered my tapes and book but have been doing the basic stuff since Ranch.  
<Kathleen DesMaisons> later  
<Lindsay> Well worth it...  
<Kathleen DesMaisons> after 6 months or so  
<~MM~> or you can get just one tape . I only had the money for one

<Terri W> you can buy the beginning tape separately for about \$20  
<~MM~> and will get more as I go  
<Guest> I started dabbling in CST: no drive for progress, no expectations.  
<Kathleen DesMaisons> exactly  
<Lindsay> Lol...working on that...back off sugar...YEAH.  
<Joy Lynn Hertz> That's what I did MM.  
<Kathleen DesMaisons> hi guest, can you tell us who you are  
<Patti> great Lindsay!  
<Miles> .  
<Vicki G> way to go Lindsay  
<Guest> Sorry, it's Phil M  
<Kathleen DesMaisons> thank you <smile>  
<Lindsay> Called it a retox rather than a detox... Maggie's idea...  
<Guest> This laptop doesn't like this chat.  
<Kathleen DesMaisons> ok, here is my thought about \*dabbling\*  
<Patti> lol  
<Cece> That's awesome Lindsay  
<Guest> Lemme try again  
<Janice> .  
<Kathleen DesMaisons> what would we think about dabbling in breakfast  
<Kathleen DesMaisons> kinda silly, yes?  
<Vicki G> yes  
<Cece> It's not so effective  
<Kathleen DesMaisons> <grin>  
<Cyndi G> true  
<Lindsay> yup  
<Vicki G> need to commit  
<Joy Lynn Hertz> Not acceptable.  
<Lori G.> doesn't work  
<~MM~> I'm going slow, don't consider it dabbling, though  
<Patti> baby steps yes, but dabbling no  
<Sheila> won't work to dabble in breakfast or circles  
<Val> no dice :-)  
<Terri W> well, unless we were using the term dabbling when we really mean baby steps <grin>  
<Kathleen DesMaisons> well, sort of wasted energy  
<Laura Ann> .  
<Kathleen DesMaisons> he means dabbling, LOL  
<Joy Lynn Hertz> Right.  
<Guest> BRB  
<Terri W> lol  
<Lori G.> isn't this all or nothing thinking?  
<Kathleen DesMaisons> not at all  
<KC from BC> I remember you saying dabbling works because of the feedback it gives  
<Vicki G> no, Lori  
<Kathleen DesMaisons> this is commitment thinking  
<Lori G.> ahhhh...  
<Lori G.>  
<Kathleen DesMaisons> no, I said showing up works  
<Vicki G> committing to baby steps  
<Joy Lynn Hertz> No it's about making a commitment.  
<Vicki G> no timetable

<Ann H> .  
<Kathleen DesMaisons> committing to be there  
<Patti> and it is about making definite progress, but not perfection  
<Kathleen DesMaisons> and <smile> this will shock you  
<Joy Lynn Hertz> Working from where we are.  
<Kathleen DesMaisons> what I thought several years ago has changed  
<Kathleen DesMaisons> I am not as tolerant LOL  
<Lindsay> committing to be in front of tv doing warrior wellness circles  
<Kathleen DesMaisons> I am older  
<~MM~> LOL  
<carolyn> gasp!  
<Val> oh NO!!! <giggle>  
<Patti> welcome back Phil :)  
<Lindsay> and wiser  
<Lindsay> lol  
<Miles> I agree with fitness+doing the food....but I'm happy with great results from my current exercise routine.  
<Kathleen DesMaisons> and I KNOW that this is great stuff  
<Lori G.> yipes  
<Kathleen DesMaisons> why fart around  
<Jean> excuse me!  
<Kathleen DesMaisons> I know that sounds strange  
<Lindsay> So are you still doing the gym as well or just CST?  
<Cece> uh... cause it's scary... LOL  
<Phil M> :-D  
<Terri W> Miles did you go to the CST presentation at Ranch?  
<\*Sue\*> Miles, I still continue to do my gym routine along with the CST - it's helping my other routine to work better too  
<Kathleen DesMaisons> I am doing both  
<Joy Lynn Hertz> I'm doing both too.  
<Kathleen DesMaisons> because I am having fun  
<Terri W> I am still doing what I was doing before CST, too  
<Kathleen DesMaisons> they are not mutually exclusive  
<\*Sue\*> exactly - I \*want\* to be doing both, not feeling I \*have\* to  
<Lori G.> good. I like my routine too  
<Vicki G> it has really helped my golf game  
<Vicki G> <grin>  
<Terri W> Ditto, Sue  
<Lindsay> I'll be glad when it becomes fun for me... not there yet...  
<DeAnna> No it doesn't Kathleen, There is no such thing as being a little ss or a little bit alcoholic right?  
<Phil M> Right now, I am slowly trying to integrate CST into a very packed schedule.  
<Pamela> Yeah Vicki  
<Patti> I am only doing CST right now, but want to add in my other stuff  
<Joy Lynn Hertz> The circles are like physical therapy for me.  
<Kathleen DesMaisons> right, Deanna, except in the phase of denial  
<Joy Lynn Hertz> The best mobility I have had in many years.  
<Phil M> And to remember to do it.  
<Jean> .  
<Sheila> I feel the same way Joy Lynn  
<Kathleen DesMaisons> here is the thing, this form of moving will change y our life  
<Kathleen DesMaisons> as much as the food  
<Val> me too, Joy Lynn



<Val> and in only a month!  
<DeAnna> yep---been there done that  
<Kathleen DesMaisons> and I personally think that  $1 + 1 =$  way more than 2  
<Kathleen DesMaisons> more like 10  
<Lori G.> I'd love to be a 10!  
<Terri W> lol  
<Patti> LOL  
<Kathleen DesMaisons> now you know I get enthusiastic  
<Analisa> <smile> Lori G  
<Ann H> lol  
<Jean> Move over Bo Derek!  
<DeAnna> lol  
<Joy Lynn Hertz>  $1 + 2 =$  a new outlook on life.  
<Kathleen DesMaisons> but I have NEVER endorsed something like this  
<Kathleen DesMaisons> you know that  
<KC from BC> m  
<Kathleen DesMaisons> I tend to be be cautious and conservative  
<DeAnna> true  
<Lindsay> and that is pretty MAJOR...  
<Kathleen DesMaisons> And scott said the same  
<Joy Lynn Hertz> You are endorsing it because it is working for you and you see it working for so many others.  
<Val> nor has Scott endorsed a nutrition program, but he does this one :-)  
<Joy Lynn Hertz> The results are speaking for themselves.  
<Kathleen DesMaisons> he has never endorsed anything nutritional  
<Kathleen DesMaisons> yes, Joy Lynn  
<Ann H> .  
<Kathleen DesMaisons> my molecules KNOW  
<Lori G.> do you circle every day?  
<Miles> well you guys are starting to convince me to look at it harder!  
<Kathleen DesMaisons> I would not steer you wrong  
<Vicki G> every day, Lori  
<Kathleen DesMaisons> I take my commitment to you very seriously  
<Kathleen DesMaisons> every day  
<Joy Lynn Hertz> Right. That's what I am beginning to experience.  
<Val> some days more than once Lori  
<~MM~> it really is like physical therapy  
<Pamela> OK I will TRY this  
<Pamela>  
<Pamela>  
<Lori G.> dizzy?  
<Joy Lynn Hertz> Right.  
<DeAnna> Ok I am sold I will order them LOL  
<Kathleen DesMaisons> no, you don't turn in circles  
<Vicki G> Pamela, your drives will be straighter and longer <grin>  
<\*Sue\*> Lori, you start only 5 minutes at a time  
<Kathleen DesMaisons> you move your joints in circles  
<Cyndi G> please give that web site again  
<Kathleen DesMaisons> [www.radiantrecovery.com/CST/CST.html](http://www.radiantrecovery.com/CST/CST.html)  
<Pamela> I am for that Vicki--  
<Lori G.> just teasing...:o)  
<Analisa> that url isn't resolving for me  
<Joy Lynn Hertz> Like I said. Physical therapy. It doesn't feel like EXERCISE.

<Patti> maybe I can actually hit the ball now Vicki instead of the ground, LOL  
<~MM~> Kathleen did a newsletter article on cst  
<Cyndi G> thanks  
<Vicki G> ROOFTOP, Patti  
<Kathleen DesMaisons> I want you to see an ARM, not a blob  
<Jean> No offense, but I found the web site kinda hard to figure out!  
<Lindsay> Is there a link off of the Radiant recovery site for it?  
<Kathleen DesMaisons> his web site is hard to figure out  
<Kathleen DesMaisons> but you don't have to  
<~MM~> it is confusing, Jean  
<Kathleen DesMaisons> that is why I built one  
<Kathleen DesMaisons> with a whole introduction  
<~MM~> I think he's going to change it  
<Ann H> doing the food, plus circles is changing Scott!  
<Kathleen DesMaisons> I built one in our *\*style\** so it is simple  
<Cyndi G> yea thanks for helping us slow learners of computer  
<Kathleen DesMaisons> yes, it is going both ways  
<Lori G.> and sugars free  
<Lindsay> Would be neat if Scott and Jodie would join us for one of these chats...  
<Miles> (thanks to Gretel, no doubt)!  
<KC from BC> m  
<Phil M> Gave up on the laptop for now.  
<Kathleen DesMaisons> we will be having rr/CST chats down the line  
<Jean> so, we just order tapes now. What about the book?  
<Kathleen DesMaisons> just get the one tape to start  
<\*Sue\*> all you need to start is the Warrior Wellness beginner video  
<Kathleen DesMaisons> let your body *\*feel\** it before you get the book  
<Kathleen DesMaisons> get the book after you have been doing it for a while  
<Analisa> wah the link doesn't work  
<Analisa> :(  
<Jean> It's cheaper to buy all three than one at a time  
<Phil M> What I said about dabbling is that I'm trying to integrate it into my very packed schedule  
<~MM~> I'm going to get the book somewhere down the line  
<Phil M> and remember to do it.  
<Kathleen DesMaisons> gretel? can you give them the CST link  
<Janice> how long does it take to get the tape after ordering?  
<Cece> about a week  
<Kathleen DesMaisons> quick  
<~MM~> about a week  
<Janice> thanks  
<Terri W> mine came in less than a week  
<Cathy B.> Thanks Lindsay.  
<Joy Lynn Hertz> Just a couple of days. Janice.  
<Kathleen DesMaisons> ok, so lets turn a little to the food  
<Val> <http://www.radiantrecovery.com/CST/CST.html>  
<Vicki G> it just seemed really long because I wanted it so badly  
<~MM~> drink lots of water after you start  
<Kathleen DesMaisons> for the summer <smile>  
<Lori G.> they'll be a big rush now  
<Terri W> Phil, like K told me, just pick a body part to circle and do that one after each meal  
<Lindsay> My TV crashed just as the tapes arrived... next the computer...lol

<Pamela>  
<Cece> oy~!  
<Miles> must be full moon madness!  
<Patti> you can still do circles Lindsay :) or some other form of movement until the tv is fixed  
<Vicki G> oh no Lindsay  
<\*Sue\*> Analisa, write the link down and try it later - it doesn't seem to link from chat, but it is the correct address  
<Analisa> k thx!  
<Lindsay> Replaced it..  
<Patti> we can post the link to the main YLD list  
<Val> food for the summer, K?  
<Lindsay> It is just that the timing was kind of funny...  
<Ann H> I do circles on the subway.  
<Melodie> .  
<Kathleen DesMaisons> ok, I want you guys to talk about what it would mean to be \*fit\*  
<Kathleen DesMaisons> for you right now at your present weight  
<Lindsay> Why not have a link on the Radiant recovery page  
<\*Sue\*> Ann, I've done them on the train too :)  
<Cece> I could run the Peachtree!  
<Kathleen DesMaisons> we will  
<Ann H> moving without pain  
<Cece> (10 k)  
<Analisa> to be fit would be not getting out of breath on a staircase  
<Lori G.> feeling good in summer clothes  
<Cyndi G> to be able to walk in the park without a cane for balance  
<Val> I could do day hikes without getting exhausted  
<carolyn> I double clicked and got there just fine  
<Phil M> I heard the topic was fat and fit. I live that way!  
<Analisa> being able to keep up with my toddler  
<Pamela> limber, toned muscles  
<Kathleen DesMaisons> can you write these down in your journals?  
<Jean> keeping up with my dogs  
<Cathy B.> Getting in and out of my canoe without taking a "swim".  
<Miles> I didn't get out of breath walking up a hill with a friend the other day who is 15 years younger than me and was panting :)  
<Cyndi G> to be able to get up off a sofa  
<Cece> LOL Cathy  
<Cece>  
<~MM~> great Miles  
<Kathleen DesMaisons> do you all have journals?  
<Lindsay> or off the floor...  
<Joy Lynn Hertz> Moving with ease. No grunting. LOL  
<Vicki G> yes  
<Cece> yes  
<Analisa> yes!  
<Jean> yes  
<Lindsay> Oh of course...  
<Joy Lynn Hertz> YES  
<~MM~> to be able to kneel again  
<Kathleen DesMaisons> <smile>  
<Val> but of course!

<Miles> but of course!  
<Ann H> Cool Miles  
<Cyndi G> yes  
<Lori G.> yup  
<DeAnna> To do my dance class without falling asleep right when I get home.  
<Lindsay> wouldn't be without one...  
<Terri W> at least one LOL  
<Kathleen DesMaisons> heh heh  
<DeAnna> yes  
<Kathleen DesMaisons> just checking  
<Jean> I want to be able to think straight again!  
<Kathleen DesMaisons> well, do you all know about fit or what!!  
<carolyn> to get my blood sugar under control  
<Ann H> I would like to kneel also  
<Kathleen DesMaisons> what an incredible group  
<~MM~> do the finger circles, Jean  
<Joy Lynn Hertz> YES  
<DeAnna> Are you asking us to stop listing????  
<Kathleen DesMaisons> Jean, the finger circles will help  
<Jean> I'm a doin' them!  
<Kathleen DesMaisons> no, DeAnna, LOL  
<Phil M> I guess in my case, it would be refereeing an Ice Hockey game one level higher.  
<Lindsay> me too and wrist circles...  
<DeAnna> oh, good  
<Kathleen DesMaisons> I am being blown away about how kewl you all are, LOL  
<Cyndi G> would this also help memory  
<Kathleen DesMaisons> absolutely  
<~MM~> yes  
<~MM~> the finger circles  
<Jean> flattery, flattery  
<Kathleen DesMaisons> that is one of the biggest things yet  
<Lori G.> how about my husbands memory?  
<Analisa> heh  
<Kathleen DesMaisons> if he does them  
<Cyndi G> yahoo  
<Ann H> LOL  
<Lindsay> Would they help fatigue...  
<Phil M> You ask so much! :-)  
<~MM~> LOL Lorie, he has to do them  
<Terri W> I want to be able to touch my head with my toes while lying on my tummy :)  
<Kathleen DesMaisons> I feel 10 years younger  
<Val> only if he does them, Lori, not you LOL <teasing>  
<Patti> codependent circling, LOL  
<Lori G.> that'll take some convincing :o)  
<DeAnna> would they help my teens behave?? LOL  
<Joy Lynn Hertz> BIG SMILE K  
<Kathleen DesMaisons> it hasn't quite fixed my typos yet  
<Miles> Go Terri!  
<Val> just let him see your results, Lori  
<Kathleen DesMaisons> DeAnna, I bet it would  
<Kathleen DesMaisons> interesting

<~MM~> well, you do them and he'll see a big improvement and he'll want to do them  
<\*Sue\*> Lori, my husband watched me do them for 3 weeks and was finally intrigued enough to give it a try  
<Joy Lynn Hertz> My husband is just observing right now. When I buy the clubbells I think that's when his interest will be piqued.  
<Lori G.> hard to imagine  
<Vicki G> .  
<Kathleen DesMaisons> yes, he is willing to \*dabble\* <grin>  
<Kathleen DesMaisons> yes, the guys like the black clubs  
<Lindsay> I love Scott's comments between moves...  
<Kathleen DesMaisons> more than boring ole circles  
<Lori G.> what about back pain? Can you circle something that big?  
<Vicki G> but the circles just feel so good!!!  
<Phil M> I feel the freedom of the circles. Something to look forward to.  
<Sheila> funny but true  
<DeAnna> I have to get the book because my DH needs the theory behind it.  
<Kathleen DesMaisons> yes, Lori, in a major way  
<Cece> They're not slow - don't seem boring to me  
<Kathleen DesMaisons> I am astounded  
<\*Sue\*> oh yes, Lori! It has made a huge difference to my back pain!  
<Pamela>  
<Kathleen DesMaisons> right sue, me too  
<Lori G.> than I'm on board  
<Pamela>  
<\*Sue\*> I used to wake up every morning in pain, and now I don't.  
<Kathleen DesMaisons> I had no back pain on my trip  
<Kathleen DesMaisons> and usually when I travel, I get really stiff  
<Ann H> .  
<Lori G.> I blew a disc 2 years ago  
<Vicki G> you know Kathleen, that is so true - I didn't even think about that  
<Terri W> Lori, my back keeps asking me to do the circles, otherwise, I'd lose interest  
<Kathleen DesMaisons> this increases the flow of synovial fluid  
<Vicki G> but I wasn't stiff at all after a full day of plane travel  
<Kathleen DesMaisons> and bathes your spine  
<Terri W> it's my body asking for them that keeps me motivated to do them  
<Kathleen DesMaisons> right Vicki  
<Lori G.> flow sounds wonderful  
<Miles> You're makin' me want to stretch just listening to all this raving!  
<Kathleen DesMaisons> LOL  
<Kathleen DesMaisons> we are raving lunnies  
<Kathleen DesMaisons> <grin>  
<Miles> I expect no less  
<Phil M> This is more than stretching, it's extending your range of motion.  
<Lindsay> I love the hip circles... swore I would only do them under water...but now unashamedly on land...lol  
<Kathleen DesMaisons> ok, so I noticed no one wanted to talk about food  
<Phil M> To put it simply.  
<Pamela> it is a full moon--  
<Cyndi G> now traveling in circles will be good???  
<Cece> we can talk about food!  
<Joy Lynn Hertz> Yes, but radiant ones.

<Val> woohoo, Lindsay! :-)  
<Analisa> sure food is fine  
<Cece> That I'm good at LOL  
<Val> I did!  
<Lori G.> we love food  
<Kathleen DesMaisons> lets talk about the joy of summer food  
<Lindsay> Watch out world ...here I come...  
<Miles> what about food?  
<Joy Lynn Hertz> Yes, I want to talk about food.  
<Phil M> Well, I just came from the Boardwalk at the Jersey Shore.  
<Miles> My fridge is stuffed!!  
<Vicki G> fresh salads  
<Sheila> fresh veggies from the garden  
<Cece> more salads  
<Ann H> food is good  
<Lindsay> salads...  
<Vicki G> with fresh veggies  
<Val> Radiant Recovery: We Travel In The Right Circles <ducks, runs away>  
<Analisa> oh i had the most wonderful tomatoes today  
<Kathleen DesMaisons> veggies  
<Lindsay> cold soups  
<Vicki G> yummy  
<DeAnna> grilling  
<Lori G.> berries  
<Cyndi G> I found that when I stopped trying to be gourmet  
<Joy Lynn Hertz> I used all of the ripe veggies from my husband's garden and made a delish salsa/relish that I have been eating for the past couple of days.  
<Lindsay> fruit...  
<Terri W> fresh fruit  
<Cyndi G> and just went with foods I liked as a kid  
<Lindsay> with cottage cheese...  
<Lori G.> warm peaches  
<Val> farmer's markets with lots of yummy local produce  
<Analisa> juicy nectarines!  
<Phil M> I actually found several places at the Boardwalk to eat on-program  
<Miles> I have been sprouting sprouts, making yogurt, buying lots of blueberries  
<Cyndi G> that are in the bounds of the program I became  
<Cyndi G> more likely to cook  
<Joy Lynn Hertz> Yes, incredible strawberries too.  
<Kathleen DesMaisons> yes!!  
<Terri W> this is the first summer I've been able to enjoy fruit since detox without it triggering me  
<Lindsay> This helps me...have been bored with my food lately  
<Kathleen DesMaisons> isn't this wonderful  
<Val> me too, Terri  
<Vicki G> interesting Terri  
<Vicki G> I can eat some fruit again too  
<Lori G.> I want to marinade  
<Cyndi G> oh yes  
<Kathleen DesMaisons> I was able to travel effortlessly  
<Vicki G> grilled veggies  
<Vicki G> yes K  
<Vicki G> me too

<Cece> is traveling usually hard?  
<Kathleen DesMaisons> I want to get an electric grill  
<Joy Lynn Hertz> I am fixing fresh blueberries, strawberries and cream for our 4th of July dessert.  
<Phil M> That's worth it!  
<Kathleen DesMaisons> traveling and working is usually hard, yes  
<Analisa> we don't have an outdoor grill so i got the little george foreman one  
<Lindsay> For me it is, CeCe, unless I look out for my needs...  
<Miles> KEWL, Joy Lynn  
<Phil M> We have a Sunbeam model that pretty big..  
<DeAnna> You mean like a foreman  
<Lindsay> Prefer driving to flying these days...  
<Kathleen DesMaisons> I think we should start posting summer recipes  
<Kathleen DesMaisons> they are so joyful  
<Analisa> yes!  
<Lori G.> I just bought the cookbook and really like it  
<Ann H> yes  
<DeAnna> I bought a knock off and it is great  
<Joy Lynn Hertz> Come on over to Recipes.  
<Kathleen DesMaisons> like 4th picnics  
<Analisa> i'll share my stuffed tomatoes, yum  
<Joy Lynn Hertz> Yes.  
<Miles> chilled soups-cuke, etc-yum  
<Lindsay> Do any of you eat veggies at breakfast?  
<Analisa> no  
<Jean> not  
<Melodie> yes  
<Vicki G> I don't Lindsay  
<Cece> not most of the time  
<Sheila> with my omelets, Lindsay  
<~MM~> sometimes lindsay  
<Miles> I had mushrooms in an omelet today  
<Vicki G> unless I make an omlette  
<Lori G.> only soy milk  
<Cece> only in an omelette  
<~MM~> if I have leftovers  
<Joy Lynn Hertz> On occasion Lindsay.  
<Ann H> I do Lindsay  
<DeAnna> Oh, and I am on my forth blender since RR The kids help wear them out  
<Cyndi G> not much  
<Laura Ann> .  
<Val> if I have pumpkin in my shake, Lindsay  
<DeAnna> Shakes are good in the summer  
<Kathleen DesMaisons> what are you all doing for the 4th  
<Kathleen DesMaisons> I need ideas  
<Lindsay> Still trying to include more of them...  
<Miles> DeAnna, leave out the marbles!  
<Kathleen DesMaisons> Gretel is coming to work and we will have a party  
<Phil M> Veggies in my omelette hold me better  
<Analisa> going to our local city celebration/fireworks  
<Vicki G> BBQ at a friend's on the beach  
<Val> hanging out at home, LOL, watching fantastic local fireworks  
<Lindsay> Hmmm don't have plans...

<Lori G.> parade  
<DeAnna> LOI Miles  
<Miles> Orchestra on the lawn, RR picnic, cute guy, fireworks  
<Cathy B.> I sometimes eat veggies at breakfast, Lindsay. Seems to stabilize my blood sugar.  
<Joy Lynn Hertz> Having a picnic at my sisters home. A BIG family day.  
<Cyndi G> trying to keep my dogs from going crazy from the noise  
<Ann H> Going to a water park with my grandsons.  
<Kathleen DesMaisons> talk about your food for the 4th  
<DeAnna> picnic  
<~MM~> me too Val  
<carolyn> my dad's 74th birthday  
<Lindsay> Watching the fireworks from my front porch with Bandit...  
<Lori G.> grilling out  
<Analisa> ugh haven't thought about it  
<Jean> I usually stay home with my doggies, especially after the fireworks start going off!  
<Cyndi G> but I think I want potato salad and watermelon and baked chicken  
<Lindsay> me neither...  
<Cathy B.> You mean food ideas?  
<Vicki G> grilled foods - chicken, veggies  
<Cece> chicken on the grill  
<~MM~> me too Jean  
<Lindsay> Not a special day food wise for me  
<Miles> shrimp, watermelon, chicken salad, Finn Crisps or my homemade bread, sugar snap peas,  
<Vicki G> I may make a brown rice pasta salad  
<Cyndi G> with pretty paper plates and fresh flowers  
<Ann H> I will have chicken, potato with skin, vegetables, fresh tomatoes and  
<Vicki G> berries  
<Ann H> fresh peaches.  
<Kathleen DesMaisons> oh yummy  
<Lori G.> tomato basil salad with fresh basil  
<Melodie> My contribution to the 4th will be gazpacho  
<Kathleen DesMaisons> you are makin me smile  
<Miles> maybe a new potato-potato salad....  
<~MM~> blueberries with cream  
<Analisa> have i mentioned tomatoes, lol  
<Val> skin on spud salad, chicken, coleslaw, berries  
<Lindsay> deviled eggs  
<~MM~> and some of Val's rice salad, yum yum yum  
<Joy Lynn Hertz> Red white an blue strawberries, blueberries with cream.  
<Val> yay!  
<~MM~> and chicken  
<Lori G.> I love deviled eggs Lindsay  
<Cyndi G> oh deviled eggs too  
<Val> I made that for work earlier this wk and they demanded the recipe too LOL  
<Lori G.> with dill  
<Lindsay> yippee...love these virtual meals that we share...  
<~MM~> it is wonderful Val  
<DeAnna> Fried green tomatoes and watermelon and grilled chicken and veggies and a brown somewhere in there  
<Analisa> tonight i made cajun blackened salmon for sandwiches



<~MM~> just wonderful  
<Miles> corn on cob? very cheap right now and delish  
<Cyndi G> maybe test another recipe from book just for fun  
<Kathleen DesMaisons> ok we need to get everyone to share these  
<Val> thanks MM  
<Joy Lynn Hertz> Grilled chicken, burgers and beef dogs.  
<Kathleen DesMaisons> I will post in the newsletter  
<Phil M> Excellent Analisa  
<Analisa> mmmm corn on the cob  
<Cece> ice cold poland spring sparkling water - raspberry-lime! My favorite..  
<~MM~> that sounds delicious Analisa  
<Laura Ann> .  
<Joy Lynn Hertz> Cold broccoli salad.  
<Janice> mmmm fried green tomatoes  
<Joy Lynn Hertz> Cucumbers tomatoes and sweet onions  
<DeAnna> Ummm Analisa  
<Val> Joy Lynn, share recipe please!!! (cold broccoli salad)  
<~MM~> I just watched that movie again Janice  
<Cyndi G> um JOy Lynn  
<Sheila> I'm experimenting with biscuits as shortbread.....cooking them tomorrow  
<Miles> great ideas, Joy Lynn!  
<~MM~> never had fried green tomatoes  
<Analisa> <http://www.savingdinner.com>  
<Miles> They are fabulous  
<DeAnna>  
<DeAnna> They are good  
<Joy Lynn Hertz> Thanks, MIles.  
<~MM~> need a recipe  
<~MM~> and need some green tomatoes. lol  
<Janice> they're yummy, MM  
<Miles> little oil,dip in egg and coat with cornmeal  
<Sheila> fried green tomatoes at the Whistle Stop Cafe  
<Joy Lynn Hertz> I will share them on Recipes.  
<Val> thanks Joy Lynn  
<~MM~> thanks  
<Joy Lynn Hertz> I posted Sheila's BBQ sauce rub today.  
<Cyndi G> yea on Whilstle Stop  
<Janice> no egg, just cornmeal  
<~MM~> I've never seen green tomatoes anywhere  
<carolyn> lots of recipes at [allrecepies.com](http://allrecepies.com)  
<\*Sue\*> what makes a green potato better than a red one? And I've never seen a green one either  
<Ann H> you could use hard red tomatoes  
<\*Sue\*> tomato, I meant, not potato :)  
<Sheila> the green tomatoes are not ripe  
<~MM~> good idea Ann  
<Kathleen DesMaisons> different flavor  
<Lori G.> and what IS the diff btwn a yam and sweet pot?  
<Sheila> they are firmer  
<DeAnna> Kathleen and all thanks for such a great chat tonite  
<Ann H> Sue, check the farmers market  
<Kathleen DesMaisons> Lori, we do not get yams in this country  
<~MM~> I'd have to grow them I guess

<Melodie> .  
<Val> I think you have to grow them to get green ones  
<Kathleen DesMaisons> even though people call them that  
<Cathy B.> Oh no. Now I'm hungry!  
<\*Sue\*> despite what the signs say in the store about yams :)  
<Miles> Happy 4th. to life, liberty and the pursuit of happiness!  
<carolyn> www..allrecipes.com  
<Kathleen DesMaisons> they are all different kinds of sweet potatoes  
<Lori G.> okay then . thanks  
<Val> so which kind of sweet potatoes are the best (i.e. moist, not mealy)  
<Laura Ann> what's the dif btw sw potato and yams again?  
<Kathleen DesMaisons> the kind you like LOL  
<Ann H> good night ! Great chat  
<Val> the dark ones, or the light ones?  
<~MM~> I'll be 20 years sober on the 4th  
<~MM~> my independence day  
<Val> I like moist not mealy, but don't know which kind that is :-(  
<Vicki G> congratulations MM  
<\*Sue\*> congrats, MM!  
<Cece> Awesome, MM!!  
<Cyndi G> congratulations  
<Vicki G> that is awesome  
<Kathleen DesMaisons> Val, we can experiment  
<Miles> CONGRATS, MM.  
<Val> woohoo MM!!!  
<Sheila> congratulations MM  
<gretel> Wahoo, MM  
<Kathleen DesMaisons> an old timer  
<Val> true K :-)  
<Analisa> wow mm awesome  
<Phil M> Yayyyy!  
<Kathleen DesMaisons> we wil do fireworks for you  
<Janice> congrats, MM  
<Val> some Independence Day, eh?  
<Kathleen DesMaisons> all rightie, folks  
<~MM~> wouldn't have made it except for RR, I'm so blessed  
<Melodie> Way to go MM!  
<Kathleen DesMaisons> bout time for us to stop  
<Jean> CONGRATULATIONS mm  
<Cyndi G> \* \* silent ones  
<Lori G.> Boom!  
<Cece> You're a blessing MM!  
<Vicki G> thanks Kathleen  
<Kathleen DesMaisons> thank you all for coming  
<Vicki G> great chat  
<Analisa> enjoyed my first chat!  
<Joy Lynn Hertz> :) MM  
<Lori G.> good nite and thanks  
<Val> thanks K & all  
<~MM~> thanks Kathleen and everyone  
<Cyndi G> had a blas  
<Vicki G> night  
<Kathleen DesMaisons> see you next week

<~MM~> night all  
<Joy Lynn Hertz> Luv Ya'll  
<Cyndi G> ok  
<Pamela> HAPPY FOURTH  
<Miles> hugs all round :)  
<Phil M> Good night!!!  
<Jean> THANK YOU  
<Cathy B.> Great, MM!  
<Cathy B.> Happy 4th, everyone! Gnight!