

Re: Mediterranean diet recipes

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From: Hawki63 (hawki63_at_aol.com)

Date: 09/17/04

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>*Subject: Re: Mediterranean diet recipes*

>*From: "Dr. Andrew B. Chung, MD/PhD" andrew@heartmdphd.com*

>*Date: 9/17/2004 9:49 AM Pacific Daylight Time*

>*Message-id: <1095439969.T8Lu05gHfwTTUyr6OyeZmw@teranews>*

> *"everything substantial" and "not ever had..etc" are the keywords from YOUR*
>> *sentence*

>>

>> *the answer is...YES they did...*

>*f they did, why aren't they doing it now?*

>

well...let's see...we also aren't using iron lungs anymore??

progress?? making the WW program "easier"

I don't know...neither do you...why "they" changed the format..

unlike your 2pd thingie..WW has ALWAYS taught basic nutrition...always taught how to "count" (in some manner or form) how many servings of fruit..vegs..protein..milk...etc

while your 2pd simply has one weighing a plateful of whatever....

seems nutrition,,et al does not factor in..

simply STOP eating when one reaches 2pd

sorry..but that is a ridiculous..nutrutionally unsound approach..

and you know it

>*Why should I be bothered by your knowledge?*

because you think YOU know it all

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>*That's nice to know *now*. Again, why should I be bothered by either your
>credentials?*

because I have them....you prefer folks follow you like sheep..without
question...

I on the other hand...question

and why should "now" matter??

> *Sorry what the AMA has listed for me bothers you (shrug).*

interesting point....."why" should the AMA list anything that is untrue about
you??

hawki.....