

Re: Jenny Craig

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- *From:* Mikaela <Mikaela.22tk3d@xxxxxxxxxx>
 - *Date:* Mon, 6 Feb 2006 11:00:00 -0600
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Su,

That was a great link you sent re: fatty liver. I have been trying to read everything I can on it, and this was the first source which actually reinforced to me that I'm doing the right thing by losing the weight, even if the route I have to chosen to do so is not such a popular one. I think at this point, it's imperative to begin dropping pounds and getting back to a healthy weight before anything more serious sets in for me.

And Bambi, don't worry about my "rapid" weight loss, because I didn't lose anything yesterday and I won't be disappointed if I'm only losing 2 or 3 pounds a week from now on. My eating habits have changed dramatically and I must say, after being a daily drinker for so many years, I'm taking amino acids the doctor gave me which actually do curb my desire for alcohol. I don't even enjoy the taste of it now which is a miracle for me, seeing as I've probably been an alcoholic for 10-15 years.

As my weight comes down, I'll become more active in my lifestyle and begin taking on some fun activities which I enjoy (tennis, rollerskating, even nice brisk walks). I feel better already just with 10 pounds gone and find I'm more active to boot during my ADLs also.

Thanks for the all the posts!

I'll check back later.

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Mikaela

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