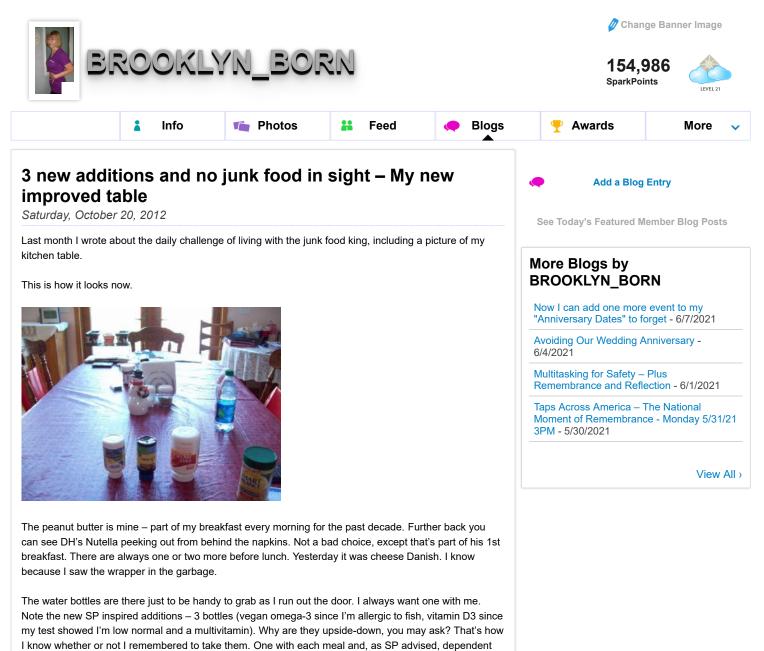
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on what I am eating. (The body can't absorb more than 500 mg of Vitamin C at a time etc.)

The junk food is still in the house, only it's been banished from my sight. I know my table won't get Martha Stewart's approval. That's a bunch of old mail at the far end and no pretty centerpiece. But it's much more conducive to a healthy lifestyle than it used to be.

Just for comparison, here's the old photo.

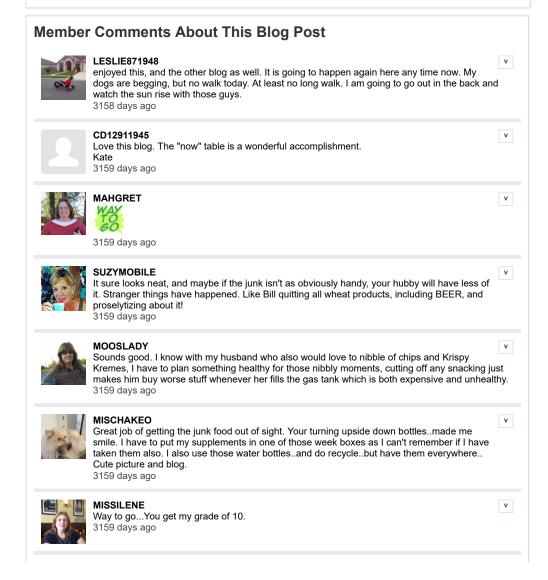


EDIT: Onmymed's comment reminded me that I should have added that I do use a reusable water bottle, but I visit a lot of places during the day where I find the water source questionable. So when I need a refill, I have an alternative and I do recycle always.

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| | CD13136117 Headed in the right directions!! Congrats! 3159 days ago | V |
|---|--|---|
| <u>C</u> | SOUTH_FORK Very nice, don't you find a nice, clear space calming? I do, its like a blank page, just full of possibility 3159 days ago | V |
| | CD12388607 | V |
| | WILSONWR Definitely making progress!! 3159 days ago | V |
| | CD4382497 Well Constant of the second secon | V |
| | CD8113065 Well done. Going in the right direction. Now, stop buying bottled water and buy yourself a reusable water bottle filled from the tap. Just a thought. 3159 days ago | V |
| | HAYBURNER1969 Good idea about the vitamin bottles! 3159 days ago | V |
| | Comment edited on: 10/20/2012 8:07:10 AM | |
| Sor | TRYINGHARD54 My junk food is out of site alsoI need to get it out of my house for good. 3159 days ago | V |
| | CD7895805 Looks like progress. 3159 days ago | V |
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