

Summary of Internet Chat of ECD Global Alliance on 30 Mar 2013

7 Attendees

- A member was on the Chat, and watching some women's basketball, at the same time! It was the University of Connecticut vs. Maryland, and there was a different style of play from the men's games.
- Members then talked a bit about the various sports that they had been, or were still, involved with. Swimming, running, and softball were mentioned, and one member had been a referee of amateur rugby league in the UK. "Fightin' wi' rules!" was one description of this "sport". A bit like American Football, without the helmets, or padding!
- One member is finding exercise rather difficult, at the moment, because of a problem with his leg.
- Some members mentioned problems with cholesterol and lipids, and what they were trying to do about this. One member is eating salmon 3 or 4 times a week, taking 4 fish oil pills a day, and eating an avocado every day! One is taking generic Lipitor (atorvastatin) and 2400 units of fish oil. Another treatment being used, is a daily "cholesterol reducing" yoghurt drink. This contains 2 grams of plant stanols in each drink, and this is supposed to help lower your lipids.

It was said that problems with lipids are mainly genetic, only partially due to diet. It's all your Ma and Pa's fault!

- A member had to leave early. She had a date to dye eggs, with her grandkids.
- Then things got a bit silly, for a while, with members discussing the transplant of heads, and other bits. Although, it is amazing how much, of the human body, can be replaced.
- Later, "our Australian Correspondent" logged on. Things have been difficult, for non-US members to join the chat sessions, because the Daylight Saving time changes have occurred on different dates.
- And lastly, a European member came on. This member had been away for the Easter vacation, and there is no work until Tuesday! Also, the clocks were going forward an hour there that night.