



*PO Box W3173 Wareemba
Ph/Fax 02 9712 4277
Email: porter kay@hotmail.com*

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Dear Teya

I just wanted to say how much you have helped after listening to your lecture on the 8th March at WEA.

I have been feeling quite listless of late even though I do most of my own cooking with dried beans lots vegs & fruit & exercise several times per week. And I have been constantly hungry & quite light headed at times. When you mentioned having protein for breakfast I realized that I am probably not having sufficient even with cereal, nuts yogurt etc.

So from last Monday I have been making myself eggflips which I used to have regularly. The difference was almost immediate.

So now back to more meat a lot more protein & perhaps if I feel the need protein powder. You mentioned that you have a very good one available.

I am so grateful that it appears to be an easy answer to an issue that has been concerning me greatly & I thank you for it.

Kind regards

Kay Porter

