

| Date | Title |
|-------------|--|
| Sept 2019 | <u>Medicare for All: Been There</u> |
| Aug 2019 | <u>Healthy Blender-Free Smoothie Recipe</u> |
| July 2019 | <u>Comparing 3 Brands of Beeswax Food Wraps Video</u> |
| Jun 2019 | <u>Mother Earth has Given Us So Much. It is Time to Take Care of Her</u> |
| May 2019 | <u>Chance to put your name on Mars. Sponsored by NASA (expired)</u> |
| | <u>Green Tea Instant Oatmeal</u> |
| | <u>How to make “decaf” Tea</u> |
| Apr 2019 | <u>How Much Protein Do You Really Need?</u> |
| | <u>Vegan Shaming :(</u> |
| Mar 2019 | <u>Step by step guide for Successful Dinner Party for 8-12 people</u> |
| | <u>Baked Tofu Bowl as Main Dish</u> |
| | <u>Iodine in our Diets and Cancer Risk</u> |
| | <u>Roasted Cauliflower with Vegan Aioli Dip</u> |
| | <u>Honey Tofu Chocolate Pudding</u> |
| | <u>Sauté Spinach and Onions</u> |
| | <u>On Bringing Flight Attendants Gifts</u> |
| | <u>Using Reusable Straws</u> |
| | <u>Biodegradable Dental Floss</u> |
| Feb 2019 | <u>Valentine Almond Cookies</u> |
| Jan 2019 | <u>Best face mask for cleaning and refining pores</u> |
| | <u>New Name for my Blog</u> |
| Dec 2018 | <u>Holiday Vegan Main Dish – Stuffed Squash</u> |
| | <u>Forest Bathing In Your Own Home this Holiday</u> |
| | <u>Reduce Flu, Cough and Cold Transmission... it is the season</u> |
| Nov 2018 | <u>My Tibetan Vacation</u> |
| | <u>Veterans Day: We Remember</u> |

| Date | Title |
|-----------|--|
| Oct 2018 | <u>Easy Dinner #3 – Bowls</u> |
| | <u>Chinese “I Will Crazy”</u> |
| | <u>Australia’s place to go when your partner breaks up with you</u> |
| Sept 2018 | <u>Easy Vegan Dinner #2</u> |
| | <u>Easy Vegan Dinner #1</u> |
| Aug 2018 | <u>California Recycling Pays</u> |
| Jun 2018 | <u>Victory Vegan Burgers for the 4th or anytime</u> |
| May 2018 | <u>Coconut Lentil Soup with Roasted Golden Beets and Mango Slaw</u> |
| | <u>Reusable Straws Help Keep Your Teeth White</u> |
| | <u>A Hack to Cleaning Reusable Straws</u> |
| Apr 2018 | <u>Auto-brewery syndrome</u> |
| Mar 2018 | <u>Stephen Hawking 1942-2018</u> |
| Feb 2018 | <u>Simple Valentine’s Meal</u> |
| Jan 2018 | <u>Take care of Dry Winter Hands</u> |
| Dec 2017 | <u>Test your level of Empathy</u> |
| | <u>How to plan your own tour: my experience for our Australia and New Zealand vacation July 2017</u> |
| Nov 2017 | <u>Try this Miso Paste</u> |
| | <u>Oprah and Deepak Meditation Free App</u> |
| Oct 2017 | <u>Eat Some Probiotics with Every Meal</u> |
| Sept 2017 | <u>Yummy Probiotic Rich Salad Dressing</u> |
| | <u>On Life and Death – Dr Pattanaik</u> |
| | <u>Super Quick Lunches you can make</u> |
| | <u>My Friend the Black Widow</u> |
| | <u>Coco Aminos Tofu, Beets and Fennel</u> |
| Jun 2017 | <u>I love this mindfulness video</u> |
| | <u>365 Give to be Happy</u> |

| Date | Title |
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| May 2017 | <u>Teriyaki Tofu, Brown Rice and Kale</u> |
| | <u>Sugar Free Dark Chocolate Covered Coffee Beans</u> |
| | <u>Toxic Shopping Cart Cleaner Alternatives and Homemade Hand Sanitizer</u> |
| | <u>Examples of Delicious Vegan Food</u> |
| Apr 2017 | <u>Coping with anxiety</u> |
| | <u>New thoughts about Depression</u> |
| | <u>My Average work day Vegan Breakfast</u> |
| | <u>Garbage in Garbage out</u> |
| | <u>What happened to my bees?</u> |
| | <u>Why be Plant Based (Vegan)?</u> |
| | <u>Couldn't Blog tonight, school problems</u> |
| | <u>Afraid of Heights</u> |
| | <u>Introduction</u> |
| | <u>First blog post</u> |
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