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## Anybody watch Oprah today?

Posted by Tara - 2006/09/18 22:36

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I thought the road trip thing had to have been the stupidest thing she has ever shown. Who thought this made for a good season premiere?

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## Re:Anybody watch Oprah today?

Posted by Debby - 2006/09/19 11:43

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Tara, I was surprised at the show. I'm not sure it shows Oprah in such a good light. It was apparent that Oprah has become helpless with her success over the years. She is an EXCELLENT talk show host and public speaker, but, she didn't fare well as a traveling companion. It's hard to imagine that when you have other people doing things for you for so long you forget how to do the simple things in life that we all take for granted.

I'm a music person so I would travel better with Gayle I think. They should have put them in a travel trailer and called it the Simple Life - Across Country. (Did you watch Paris and Nicole in their travel trailer?)

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2006/09/19 18:16

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Debby wrote:

Tara, I was surprised at the show. I'm not sure it shows Oprah in such a good light. It was apparent that Oprah has become helpless with her success over the years. She is an EXCELLENT talk show host and public speaker, but, she didn't fare well as a traveling companion. It's hard to imagine that when you have other people doing things for you for so long you forget how to do the simple things in life that we all take for granted.

I'm a music person so I would travel better with Gayle I think. They should have put them in a travel trailer and called it the Simple Life - Across Country. (Did you watch Paris and Nicole in their travel trailer?)

I missed yesterday's show, but Rosie discussed it on the view, and she really made it sound funny. In fact... she suggested the ladies of the View do the same. Barbara and Joy declined... Elizabeth was game. I would not tune into this road trip... thank you very much. LOL

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## Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2006/09/19 22:13

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I think the overall premise is funny.....our family has a hilarious and fun time on all of our roadtrips!!!

Butttt.....you're right.....Oprah has become quite prima-donna-ish with everyday life. When they were checking into the hotel in Vegas and talking about how they were doing everything like "everyone else" does??????? Yeah.....no.

Not quite like most of us live and work and vacation!!! The show had some interesting and some dumb and boring stuff. So, if I happen to find it, I'll watch, but won't go out of my way. The radio thing WAS funny.....I'm with Gayle.....I'd be singing for hours too with nobody to have great conversation with!!!

Rosie was funny with Elizabeth about the traveling and with Joy and Barbara soooooo vehemently against ANY traveling with children! Rosie and Elizabeth are VERY different parents than Barbara and Joy were.....and I have to say I respect and agree with Rosie and Elizabeth in that issue!!!

ETA: Oh yeah.....the statement from Oprah about "I haven't pumped my own gas since 1983." :blink: :blink:

Post edited by: grizzlys4, at: 2006/09/19 22:15

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## Re: Anybody watch Oprah today?

Posted by 1putter - 2006/09/19 22:30

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:pinch: Ew, I missed this show but I remember reading about the trip in her last magazine version.

I wouldn't exactly like hearing Oprah's diva like attitudes as the only thing I credit her for, (and constantly defend against her critics) is her generosity and down-to-earth character. Please don't tell me she is spoiled like (most of) the ultra rich here in America. I'd like to think she has a humility about her, having strived and struggled so much to attain what she has. Yes? Hope so.

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## Re: Anybody watch Oprah today?

Posted by Debby - 2006/09/28 12:43

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Did anyone see Oprah on Wednesday? Her guest were all great. The one who was primarily featured was Elizabeth Edwards, wife of former Senator John Edwards. She has just released a book entitled Saving Graces. It is about her family's experience of losing their 16 year old son in a car accident in 1996 I believe and also about her surviving breast cancer which was diagnosed one day after her husband lost the vice-presidential race.

I was so proud of her. She and her husband are both attorneys and lived in Raleigh until he won the Senate seat. They both are excellent attorneys. I think they may have moved back here since her illness.

Her take on grieving and accepting the death of a loved one was so touching. She talked about how message boards were so helpful to her when she was adjusting to her son's death. She includes some of those stories in her book. I intend to read it.

I then saw the interview with Barbara Walters of Steve Irwin's widow. Oh, my, I cried like a baby. It was uplifting and heartbreaking at the same time. Did anyone else see it?

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## Re: Anybody watch Oprah today?

Posted by mazzy - 2006/09/30 10:44

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I saw both shows, and my reaction was the same.

Elizabeth Edwards shared her stories, and they were touching and inspirational.

The interview with Barbara Walters and Steve Irwin's widow was riveting to say the least. I was feeling her hurt, and the joy of her beautiful memories.

Life is wonderful, but it doesn't always turn out the way we planned. The following is a quote from a book I recently read:

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"I've learned that there are things that go wrong that don't always get fixed or get put back together the way they were before. I've learned that some broken things stay broken, and I've learned that you can get through bad times and keep looking for better ones, as long as you have people who love you."

There is a lot of joy in this world, and a lot of sadness.

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### Re:Anybody watch Oprah today?

Posted by 1putter - 2006/09/30 18:38

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I missed the Oprah show with Mrs. Edwards, (I'll be sure to catch it in re-runs because I do know her story and I would like to hear it first person), but I did catch Barbara Walters' interview with Terri Irwin and I cried like a baby. Her grief was palatable, (sp?). Thank God she has those adorable children and so much video to share with them as time goes by so that they can remember what a wonderful father they had, (and she a wonderful husband).

I worry that she will never be able to find another man to share her life with - let's face it, he will be a hard act to follow.

Great quote about life, Mazzy, thanks!

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### Re:Anybody watch Oprah today?

Posted by LaurenB - 2006/10/03 21:46

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I truly have great respect for John and Elizabeth Edwards, though they have suffered much, they give even more. They are a perfect example of how to work through, the most difficult of circumstances in life with grace, dignity, purpose and allowing new joy to enter. Remarkable family for certain.

On the topic of "The Road Trip" I TIVO "OPrah" and I am truly enjoying this series...it is light hearted entertainment!

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### Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2006/10/03 23:02

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I missed the interview with the Edwards' also.....but I did make myself watch the Barbara interview with Terry.....OMG.....too tragic. To be honest, I really had to fast forward my tivo several times.....I really love that family and their show and zoo, etc.....but I just can't handle death very well. Oh well.....I got a bit of a dose of it anyway.....just feeling so lost for her and her children!!

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### Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/04 11:44

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If you can, try to catch Elizabeth Edwards on Oprah's rerun of the show. The other guest that day were 9/11 widows with young children. When they were barely out of shock they began helping widows in Afghanistan with children. They raised funds and flew there to meet with these women. They provide support to teach the women how to earn a living to provide food and shelter for their family. They shared their feelings and experiences and how much alike they are. It was so touching.

Elizabeth Edwards was on Charlie Rose Sunday night I think it was. I know it sounds like I am name dropping or bragging. (I mentioned that the Edwards' are both attorneys from the city I reside in, Raleigh, NC) However, Charlie Rose is actually from my childhood hometown also in NC and not far from Raleigh and where most of my family still lives. He is the only famous person from the small rural town, so we all love him and are so proud of him, so please forgive me. She talked about her new book, Saving Graces, but also more about politics on the the Charlie Rose show. It will be interesting to see what happens in that realm. If Hillary runs, it will her against John in the primary.

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Did anyone catch the show yesterday with Oprah and Gayle on the road again? I can't believe how spoiled Oprah is coming across on that show. You would think she would have edited out some of the moments that make her appear to be a prima donna. I liked Oprah much more before I saw this travel show. I like Gayle much more. At least she's not trying to hide the real Oprah. She's showing it warts and all.

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### Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2006/10/05 01:41

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Oh Debby.....I couldn't agree more about Oprah.....in fact, I was watching the one where they came thru Colorado when hubby was home and he said the exact same thing!!!!

Yeah, travelling like "regular" people!!! lmao!!!!

Really she's cementing some old stereotypes!!! :ohmy:

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/05 07:56

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My spin on the Oprah trip was that it was "authentic." At her age, and with her money... I would not want to stay in a lot of the places, or eat in a lot of places they stopped at. I could see her as getting cranky during this drive... I remember the times my husband and I drove to different colleges with our daughter... we were all fine in the car for an hour or two, but we were not happy campers after several hours. Different strokes for different folks... the good news is... thankfully we're not seeing this trip in it's entirety. LOL

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### Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/05 11:28

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I think that Oprah, lets just say has very high standards. I know that driving cross country might be stressful, but, she doesn't have most of the worries many people traveling have, such as if they will have enough money to put gas in the car, or if they can actually afford to stop the night and get a room, or locating the cheapest places to feed your family or god forbid you have car trouble and can't afford a rental. Oprah has seen hard times, but I guess that it has been a long time ago since she really had to worry about a paycheck.

I only saw the latest show up until the point they were going to the yard sale. I really wanted to see that. I'll catch it on the rerun.

I saw a comedy skit about Oprah in the car talking about all the things she missed while on that trip. She's talking to Gayle saying, I miss my dogs, I miss my yard, my house, my bed, everything but Stedman. His name never came up. I thought that was hilarious.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/05 11:33

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## Re:Anybody watch Oprah today?

Posted by 1putter - 2006/10/05 23:02

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:ohmy: Missed the show today but what an interesting observation that Oprah never once mentioned (or ever mentions) missing Stedman. Maybe she does it on purpose.

Did anyone hear on the View, (I've missed it the last few days but read something about it in the paper) where Rosie wondered why Oprah doesn't just "come out" as in "the closet" about her relationship with Gayle and raising suspicion that they are even just "a little bit gay"? Huh?

Not that I care, I was just curious about whether Rosie would say that or not.

Anyone know?

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## Re:Anybody watch Oprah today?

Posted by KPW1956 - 2006/10/05 23:46

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I think it's ridiculous.... Rosie is going to find herself in hot water trying to be funny one of these days... or trying to out people that may not need or want to be outed.. How in the world would she know?

Alot of women have long time special friends who are like sisters. That is what these 2 have seemed to always had. I know they went way back. It would be really sad for everyone to make assumptions over close friendships... be they a celebrity or not!

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## Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/06 12:18

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Rosie did say that she thought Oprah and Gayle are just a little bit gay. I saw the show that day. She was kidding around, but I think she meant it. She later explained that what she meant was that she believes everybody has a little interest in the same sex, like a scale of 1-10. One representing someone with a little attraction to the opposite sex and 10 being an openly full fledged gay.

I had a conversation with one of my gay friends recently about whether she had "gaydar." She said that she thought she did and that she thought most lesbians know when they meet another lesbian, even when it is unspoken. She couldn't describe just how that works. I guess Rosie thinks she knows when she sees gayness in others.

I do think the enire relationship of Oprah and Stedman has been strange. I have no problem with her not wanting to be married to him, but, do you think she is just VERY talented at keeping her love for him hidden? I never see it. She used to talk more about him than she does now for some reason.

A few years ago, I hung out with a group of girlfriends who liked to party. We had lunch every Friday at our favorite restaurant, went out to dinner together at least one night on the weekend with dancing afterwards, and usually met for a drink one weeknight after work. We also often shopped together, went to a movie on Sunday afternoon, attended parties at each other's house, and vacationed together. I know this sounds strange.

All of the the other girls, were MARRIED. Two of them had young children. They were much more excited about the girls in the group than they were about their husbands. Believe me, they were NOT into their husbands at all. They wanted to have fun.

None of them were lesbian to my knowledge. Our friendships were totally platonic. Using Rosie's theory, we may have scored on the rating scale.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/06 19:57

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KPW1956 wrote:

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I have to agree with you... ridiculous says it all. I didn't see the show with Rosie talking about Oprah and Gayle, but even in jest I don't find it funny.

As far as the relationship with Oprah and Steadman... I think it may be a very wise choice considering her age and financial situation.

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## Re:Anybody watch Oprah today?

Posted by LaurenB - 2006/10/06 23:20

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I think that it is wise of Oprah and Stedman to keep their personal relationship private. People may choose to make up whatever they want to....but at the end of the day.....it is Oprah and Stedman. I say, bravo to them for making a very wise choice.

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## Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2006/10/07 14:46

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I know y'all.....it drives me nuts when people try to make ANY close relationship sexual. I have friends.....both male and female who I am extremely close to.....no sexual feelings in any way!!!!

My hubby IS my one and only.....and I enjoy lots of friends and activities too. Why are people so weird about that????? Do they, themselves not know how to have friends and relationships that aren't about sex? So they project that on to everyone else???

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## Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/09 16:47

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Did anyone see the Rabbi counselor on Oprah last week. He has a show or at least had one, called Shallom in the home. The premise was that he drove an RV around the country going to the homes of families in trouble. They didn't have to be Jewish. He would park outside their house and counsel in the RV and do activites with the family members.

I thought it was really good. He seemed to help those people. He has that natural gift that I have referred to earlier. One of the families he helped was on Oprah last week. They had a spoiled rotten bratty kid that they couldn't control. He offered some great advice and insight into the matter. He really helped the family, according to them. I hope they pick his show up again.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/10 19:25

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Saw Oprah today... I think the road trip is starting to grow on me... LOL... next week is the finale of the trip.

Gale and Oprah were eating their way through the trip with lots of junk food... my stomach was hurting just watching them. LOL

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/10 19:26

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Posted by mazzy - 2006/10/10 19:26

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/24 01:17

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I saw Monday's show... it was about moms around the world... different countries... different cultures... all wanting the best for their children. Very interesting show.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/24 20:10

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I saw Tuesday's show... it was about women who had gastric bypass surgery and lost a lot of weight. It seems that these woman used food to cope with painful feelings, and when the weight problem was removed they used other compulsions to cope with their problems.

These women were dealing with extremely painful pasts, and it was suggested that they need to deal with these feelings on an on going basis... before surgery... after surgery... It was an interesting show. Dr. Robin pointed out that the negative way these women were dealing with their negative feelings was destructive to themselves as well as to the children who are exposed to the negative behavior. It's a cycle that needs to be recognized... and broken.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2006/10/25 11:38

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I liked Tuesday's show as well. Carnie Wilson shared her story for the first time publicly. After her surgery she became an alcoholic. She was drinking a bottle of wine plus 10 martinis a day! She got sober just before her baby was conceived. I think Carnie is such an inspiration. She is so down to earth and seems to really care about people. She shared that everytime she saw an obese person she felt like it was her responsibility to help them, because she sees herself in them.

She looked good on Oprah and like she was smaller than when she was on Celebrity Fit Club.

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Did you see the show last week with the woman who had bulimia and stored giant bags of vomit in her closet. She wouldn't use the bathroom b/c she didn't want her husband to see her going in after meals or smell the aftermath. Once a week she would box up the bags and take them to a trash dumpster somewhere around town. She did this for 7 years. It was very hard to watch. The footage they showed was very graphic. They showed everything. It was definitely the grossest thing I have seen on tv.

She went into treatment and is doing well. However, I didn't believe certain things she said. She said she had not had even 1 relapse since she went into rehab and that she never has the urge to purge anymore. I just don't think that is possible. It this is true she is the only person in the world who has not. It made me suspect that she is still purging.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2006/10/25 19:42

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I saw the woman who had bulimia on Oprah last week... it was very sad to watch.

I think she may have a chance of overcoming her illness... simply because she is "out of the closet." Her husband, and her family are aware of the problem... I believe they may have been educated to the fact that by keeping quiet they were enabling her destructive behavior. It seems that she has had serious therapy through the TV program "Intervention" -- sounds like a good thing...

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## Re:Anybody watch Oprah today?

Posted by Debby - 2007/01/05 12:59

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Did anyone see Oprah on Thursday's show? First I will vent a little and then get to my funny story.

The show was partially about how clean your house really is .... bacteria hiding in your kitchen sink, sheets, fridge, sponges, etc.

In the introduction, Oprah described an overnight visit to a relatives home where she was appalled by the old pillows. She totally dissed her relatives for having old worn out pillows. She also feared they were not clean. I can sort of understand if you have that fear, but, to broadcast it on national tv. It came off as if she was turning her nose up to her relatives as if to say that she was too good for their house. Later in the show, she bragged that she has her bed linens changed every 2 days. The expert said that that is not practical for most people. She has just gotten too picky.

I know, I know, what she has done with the girls school in Africa is great and I applaud her, but, she still needs to take her high picky standards down a notch when on air, IMO. When she and Gayle went cross country. all she whined about was how dirty or unsatisfactory the hotel rooms were. She let that ruin the trip. She has just become too spoiled.

I tape the show and didn't get a chance to watch until about 10:00 last night. I was worn out and tired but when I saw a photo of those living dust mites in your bedding I freaked out. I jumped up and stripped my bed, washed the mattress

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pad and sheets and blankets in hot water, vacumed my mattress and pillows, and then remade everything up. It took a couple of hours, but, I slept much better. I refuse to use the comforter until I have it dry cleaned. I am now on a mission to clean my house of those mini monsters. That's what they look like. I think that is what is making my allergies so bad lately. I am now on a mission.

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## Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/01/05 15:41

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Speaking of mites... my daughter was watching something the other day and a commercial for one of those mattresses came on... and the announcer stated that the weight of your mattress would double because of the mites.. over a certain amount of time. Of course I told her when she told me what he said.. that they want you to buy a new mattress...

<http://www.health.com/health/qanda/0,23514,1102867,00.html>

A funny thread re: the topic on a SNOPEs forum...

[http://msgboard.snopes.com/message/ultimatebb.php?ubb/get\\_topic/f/47/t/000478/p/1.html](http://msgboard.snopes.com/message/ultimatebb.php?ubb/get_topic/f/47/t/000478/p/1.html)

I agree with you about Oprah's manners. Sorely lacking... to publicly humiliate her relatives over pillows.. I have a few older pillows here myself.. and was just thinking today that I should pick up a couple new ones. I think she was being very ungracious and doubt many relatives are going to invite her to their homes anymore. I am sure it's no problem if she has her sheets done every other day... She has hired help most likely to do it for her! She probably has multiple sets of bedding!

The health article did say that the dust mite issue could be minimized by putting covers on the mattresses. I usually wash my sheets once a week. But I think when my son was in college it was lucky if they got done once a semester!

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## Re:Anybody watch Oprah today?

Posted by Debby - 2007/01/05 16:36

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KPW, I have also heard that saying about your mattress weight. I had believed it!! I have a pad on mine but, I'm not sure if it keeps the mites out. They advise plastic or rubber and mine is fabric.

I have been on-line researching the best ways to get rid of dust mites. It is a major undertaking. You have to completely empty the bedroom, then clean the floors with water or wax. They advise you to pull up all carpet. You cannot get them out of carpet very easily.

You must wash every surface in the room including curtains every 10 days. I honestly don't see how I will have the time or energy to do all of that work.

They also advise you to buy a dehumidifier. The mites need high humidity to live. My house is very humid. Our weather here is very humid. I have a ripe environment for them.

There is also a chemical that will kill them called benzyl benzoate. I am buying that stuff.

If I didn't suffer from allergy problems, I would just put it out of my mind and not let it bother me. But, I have pretty bad symptoms, so, I think I have to try to curtail it and see if it will help me.

My biggest question is how to clean my vacuum cleaner. Mine is the type without a bag. It has a plastic compartment. I guess I can rinse it out with that mite killer chemical, but, what about inside the vacuum and the hoses? I don't want to spread them to other parts of the house. Any thoughts on that?

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## Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/01/05 17:20

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Debby, You could make yourself go nuts by trying to approach every angle. Maybe you should check some allergy sites.. I do know people who've gotten rid of wall to wall carpet because of allergy issues. I never thought it was related to mites..but if they are a common problem.. then mites, mold, mildew and dust are all top allergens.. Fortunately I'm not sensitive to these ...yet anyway. My area people commonly develop newer allergies as they get older. More often than not, it's the hayfever or seasonal type to grasses or tree pollens.

I know my hose detaches from my machine..(but my machine does use bags) I think it would be pretty easy just to hose it out. I mean the mites need skin cells to feed on.. I used to put moth balls in my vacuum bag... as I had heard it would help kill fleas in the carpet. Then I heard that can actually be harmful to people. Fortunately no flea problem right now. My carpets are very old.. I steam clean them once a year. But they really need replacing. My upstairs does have wood floors under the carpets...but hubby likes the carpeting.. Maybe I should find some good articles about dust mites and forward them to him! Can't hurt! Might be able to get my hard wood floors sooner rather than later!

:laugh: :laugh:

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## Re:Anybody watch Oprah today?

Posted by mistyblu - 2007/01/05 18:21

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To touch down on the Oprah and Gayle drive across country would have been more interesting had they been in disguise and no one recognized them instead of all the hoopla when they walked in a place. So I was real disappointed in the thing.

As for dust mites and the likes. I am asthmatic and severely allergic to them and I got allergy shots. I stay out of old dust be it books in the bookshelf or places like gorges or attics. My bedding don't affect me cause its what I call everyday dust and when I wash my sheets and pillow cases--its done in hot water in the washer. I keep my water temp set very high otherwise you do not get rid of bacteria or mites.

I have no problem with wall to wall carpet. None of us can live in a bubble. My allergist told me this dust mite does not live above the Va. border and north. Which is true cause I was never asthmatic in my life till I moved south. I am also allergic to my cats. I was not at first but after years of dander build up on walls I had bad asthma attacks. So I bi-weekly clean my walls with a cleaner. And I also bought an expensive air filter that is for cat dander. Allergist will test you to see what you are allergic to. If you aren't allergic to dust mites then you have nothing to worry about. Oprah don't know what she is talking about. You cannot see mites without a microscope and she has gotten too out of touch with people.

We live with bacteria and mites and coexist just fine. We can't be sterile. Unless you are allergic to these things or its a bad bacteria you have no reason to rid your house of them. or give it a second thought.

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## Re:Anybody watch Oprah today?

Posted by mazy - 2007/01/06 01:22

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I saw the show about the dust mites... several times, and admit it impresses me every time! The first time I saw it... I couldn't vacuum my mattress fast enough... I even put my pillows in the dryer on hot for 10 minutes... hoping to kill off the suckers... LOL. It really is disturbing to think of the mites... yuk.

I just got something in the mail from Costco... there was a coupon for new pillows... I think I'm ready for new ones... LOL.

As far as the kitchen tips... it's always good to be reminded of potential dangers... I generally use a plate for cutting of poultry or meat, and then put it in the dishwasher, or if I bread something I do it on aluminum foil... then toss. I never was in the habit of using cutting boards... guess I didn't want to wash them... LOL.

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## Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2007/01/06 02:43

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We've cut down on dust mites in carpet... 'cuz it's just ALL hardwood floors!! I hate carpeting...of course we have kids, dogs, and cats...so carpets are a horrendous breeding ground!!

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I wash sheets/pillowcases in hot water and add bleach. We just use the cheapy pillows from Wal-Mart or Target, so they actually get replaced every few months. I actually can't find a comfortable pillow for me...so I change often as I still am searching!

We are lucky to live in a very dry climate...but we live right next to a big, open field on a ridge and the wind blowing the dust, pollen, etc is a killer.....I'm on zyrtec! And I need it!

Debby, I have to honestly force myself NOT to dwell or I get heebie-jeebied out by mites, germs, molds, etc. I have to do what I can and then let the rest go.....I always say that I'm half of a germaphobe.....but I don't have enough time or energy (or money or help like fancypants Oprah!! LOL) to be a complete germaphobe!!!! ;)

And about her trip.....I did enjoy it.....Gayle's part, anyway! Oprah exaggerated several things and came across as the biggest prima dona, better than everyone, poop don't smell person I've seen in some time!!! It's not that I also don't appreciate the wonderful things she's done...I just think she has an ego the size of Donald Trump's!!

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## Re:Anybody watch Oprah today?

Posted by TigerRose - 2007/01/06 08:55

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IMO ..... There is such a thing as "too clean". My mother was a perfectionist and had a phobia of germs. She never understood why I got real sick when I did get expose to things. The doctor had to explain to her that by sterilizing my living enviroment that she was not allowing my body to develop the immunities it needed. A body can't fight what it doesn't know. It takes time for it to figure out how to beat a virus or bacteria. The body can learn and defeat small amounts of germs than it can with sudden exposure to large amounts of the germ. I don't believe in moldy dirty households but this over-sterilization that is sometimes suggested is not healthy either.

There is a lot of controversy even in the scientific world about the use of disinfectants. There are also talk about germs that are becoming resistant to the constant sterilization. Afterall viruses and bacteria are living organism wanting to survive. There's even new drug resistant TB out there. Companies have a way to promote "being a good mother is killing all germs".. hey they get to make money from the products we buy to kill these evil germs.

It seems the best thing is to error on the side of caution which is the middle road... I agree with mistyblu Unless you have a problem, best thing to do is just keep things clean and dry. Use hot soapy water. Dont' get obsessed with it.

(just my 2 cents-)

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## Re:Anybody watch Oprah today?

Posted by mistyblu - 2007/01/06 11:53

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The big thing we have to be careful of is meat before cooking. Do not clean with a dishrag--use bleach and throw away towels. The reason our bathrooms are cleaner than the kitchen is the bleach and we do not use anything to clean the toliet and then go throught the rest of the house with the same rag.

But the rest of this nonsense of mites and stuff--unless your allergist says your allergic then they educate you on what you need to do but this is not for people who are not allergic to them. I am--the rest of my family is not.

Enyoy your life people cause its hell to be allergic to these things and gasping for air knowing full well you can die and have to have the meds handy so you don't or dialing 911 one cause your going into anyphalatic shock cause you ate food that carry mold and your allergic to that type of mold while the rest of your family can eat it and don't affect them but it can kill you.

Oprahs show was far to misleading.

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## Re:Anybody watch Oprah today?

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Posted by Debby - 2007/01/08 12:55

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I appreciate all the tips from you ladies. I have decided to use common sense on most of the cleaning, like using bleach at least once per week on all kitchen surfaces, replacing sponges, etc. but not going overboard. I'm not that concerned with bacteria and viruses. I will concentrate mainly on dust, which is the breeding ground of the mites. I'm not going to go crazy, just use a little more diligence on a weekly basis. I also have more mold in my bathroom than I used to have. That says the house is too humid I think. I may try a dehumidifier to see if that helps.

If I then see a big difference, I'll know it's worth it. If not, then, I'll try something different. I'm like Grizz, I don't have the time or energy to get too overboard with house chores. I just want to stop the runny nose, sinus congestion, and sneezing.

I'm glad I'm not the only one to notice Oprah's prima dona attitude as of late. I hope Gayle can convince her to tone it down a little.

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### Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/01/08 13:20

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Hi Debby, I meant to add a comment about the suggestion that was made to wash the curtains every 10 days. That is way unrealistic in my books.. They'd wear out really quickly! And if they aren't machine washable? I think running a vacuum over them occasionally, especially on the tops of them where dust tends to settle. I notice in my dining room where I have a fan that I get alot more dust particles in there and I think it's because of the attic insulation being drawn down into the motor of the fan.. I think if people wash their curtains once a year (the washable ones) they'd be doing good.

Try bleach in your shower too... It helps with the mildew.. I was wondering about that new 360 degree shower cleaner that is automatic. I wonder how well it really works.

Noone has mentioned the air purifiers that are made to help clean some of the airborne particles in the air. I wonder if that would be helpful for those with more severe allergies. My father has COPD (Chronic Obstructive Pulmonary Disease) and we had considered getting one for the house. I think it was actually suggested on one site that I saw. I know some of them are better than others. I usually check Consumer Reports before I make major purchases..

I sure can see how people can develop OCD issues. One of my daughters was going that direction in her early teen years. She became very phobic.. and got into excessive washing of her hands..

Fortunately it wound up being a phase..but I bought it to her attention that I was watching her.. and even talked to the pediatrician about it.. Between my experience with my daughter and seeing the reaction about the dust mites... I can see how people get overly cautious and sometimes obsessive.

Hope you can get a handle on your environment to at least improve your health issues Debbie. Some people do have to be more diligent than others unfortunately.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/01/08 15:32

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Thanks for more tips, KPW. Where did you hear about a hot water shower cleaner? I have not heard of it. Do you have a brand name? I have seen the steam cleaners that they advertise will clean almost anything...inside your fridge, the crevices of your toilet, etc. Is it like that?

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### Re:Anybody watch Oprah today?

Posted by grizzlys4 - 2007/01/08 15:55

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Debby,

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I saw a commercial for one. It's a little device that hangs in your shower and at a touch of a button when you are finished with your shower, you push it and it circles all the way around with a cleaner fluid and rinse. Wouldn't work with my set-up.

RE: mold

We did pull out our old, old shower and tile, hubby replaced it this summer. I am allergic to mold.....although not severely. It's one of the major sinus infection triggers for me, though. Keep in mind the house is old and the previous owners did a lot of very bad "work" and add-ons when they lived here!!

I have felt much better since that.....but battling dust up on this windy ridge is a losing battle!!! I just keep waaaaaaaaaaaay less knick knacks now!!! ;)

We have an ionizer in our bedroom for some of the dust control, and it does help. Hubby has one at the office as he does have more allergies to pollution and it does make a difference big time!!

Yep.....balance and just doing what works for you is the key!!!

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### Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/01/08 23:13

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What Grizz mentioned is what I was talking about. The commercial makes it look so simple... Half the times these ads just play with our minds and don't work nearly as well as they portray.

I do know what you are talking about re:the scunci steamer. I bought one a couple years ago. It's a tedious little device.. not good for large areas... but maybe hard to get areas.. I should pull it out more often.

Is an air purifier and ionizer pretty much the same thing? I would think they or that type of thing could be really good with pulling some of the airborne particles out of the environment.

Debby, when you are doing cleaning, it might help to wear a dust mask.. When you are vacuuming or dusting or in the shower cleaning it.. You are having more direct contact and stirring that stuff up. It might just add a little more protection. My dad is supposed to wear a mask when he is out in the yard.. but he's a stubborn old fart... and won't because he doesn't like it and he can't breathe! Then he wonders why he gets constant bronchitis so often! His lungs are damaged already..and it doesn't take much.. I'd expect someone who already has allergies or asthma would have a similar tendency to have sensitive lungs or respiratory problems.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/01/10 12:52

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YOU are so right about wearing mask. I want to get a nice one. I think they come in delux models and cost about \$30.00. When I clean without a mask or scarf or something over my nose, my nose just pours water. I constantly use tissues. It's very annoying. I used to think it was the cleaning solutions, but, it's not. It's dust and/or mold spores or dust mites.

It's so odd, I never had any allergies until I was in my 30's. I have heard of many other people who say this as well.

As far as washing curtains go....I have very few window treatments in my house. I do have blinds and the research discourages this for some reason, I guess they collect dust too. Anyway, they are staying and I'll just dust the ones in my bedroom as often as I can.

I will check on the air purifier and dehumidifiers to see which ones will do what I need and that are in my price range.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/02/18 11:32

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I saw the Oprah show about The Secret. It was a very interesting show. Her guests were teachers of The Secret... they discussed the Laws of Attraction... the concept seemed very positive.

Did anyone catch the show? Has anyone seen the video or read the book?

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## Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/02/18 14:14

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Mazzy, Seems I saw something about it but not sure if it was on Oprah or another talk show.. I remember the one panelist was the spiritual pastor of the church in the L.A. area that Iyanla sent Jill to.. I think his name is Michael Beckwith.

I just did a search on 'the secret' and I guess they are probably in the process of bringing a movie out and the talk show circuit probably help market the movie.

Here is a website about 'The Secret'..

<http://www.theseecret.tv/home.html>

I remember when I saw the panel, that I looked for Iyanla..as I am under the impression that she is also a follower of this philosophy.

I don't know whether it is a religion per se..

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2007/02/20 20:42

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I don't know whether it is a religion per se..

KPW... Michael Beckwith and other teachers of The Secret were on the Larry King show. The Secret is a book made into a movie... the concept is about The Law of Attraction. One puts positive energy and it comes back... it seems to be an extremely positive motivational concept.

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## Re:Anybody watch Oprah today?

Posted by Collier - 2007/03/08 04:28

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Wasn't Today's Show about Unruly Children? showing how they are and how they WILL BE if the Parents do NOT get them under control?

I see it all the time... and am Amazed at what some Parents put up with from Their Own CHildren!

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Get a Grip on Your Children... at a Young age... for a possible brighter outcome with Discipline & Tolerance for all associated.

:( Sad to see... imo

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/03/08 13:06

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That show was a repeat but was quite good. ONE of the main guest was the Rabbi from the show Shallom in the Home. He is a traveling Rabbi who drives around to the homes with problems in his trailer home. He spends time with the family and tries to help them with their particular problems. I think he is great. He is so inspirational. I love his show. Although he's a rabbi, he doesn't preach religion.

He seems to think that parents refuse to say no or discipline their children for a couple of reasons:  
Too Tired from working and running a household or they fear the child will not love them if they are told no.

I think either case is really to bad for the children. They turn into kids who nobody likes and grown ups who can't get along with co-workers or bosses.

I have a friend whose child is so spoiled and overindulged that she hates school. The child will tell you the reason she does not like school is that she doesn't want to do what the teacher says. This child is only 10 years old but has had problems in school from the beginning because she will not do anything she doesn't want to do. Her parents don't insist that she listen to anyone, even them. They somehow don't see this as a problem. They continue to baby this child and let her rule them. I do wonder what will happen when this child turns 13 years old.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/06/21 12:42

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I think yesterday's Oprah was a rerun, but I'm not sure. Her guest was a girl who when she was 15 years old, concealed her pregnancy, had the baby in secret, stabbed the baby and her boyfriend put the baby in a duffle bag and threw him in a lake.

Six years later a swimmer discovered the baby's body in the bag.  
Somehow they figure it out even though she and her boyfriend never told anyone about it.

She was convicted of manslaughter and received 5 years in prison.  
The boy got 2 years.

She was being interviewed from prison by 2 way camera with Oprah in the studio. The entire interview the girl sniffled, acted upset, wiped her face, except she never shed one single tear. It was really strange. I kept thinking what Oprah must be thinking to herself, like where are the tears?

I'm not saying the girl doesn't deserve some mercy, she was scared and a juvenile when it happened, but the fake crying was insulting. It was so bad, I think Oprah should have called her on it.

I also think the girl was still lying, because she never could explain why if the baby was already dead, why did she stab him in the chest. She said to put him out of any suffering. It didn't make sense to me.

Did anyone else see this?

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### Re:Anybody watch Oprah today?

Posted by fifty - 2007/09/26 22:25

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TODAY... Oprah's topic was Kids & Divorce... how the kids really feel about it... Opening up with their opinions... it is on a second time here after Jimmy Kimmel... if anyone still wants to catch this one.

TOMORROW is the one to TiVO!

MICHAEL MOORE... of the movie SICKO... will be on with an Insurance Company Lobbyist...

Let the talks continue!!

I really want to see this one... Health Care is such an Important Issue... for aLL of Us!

B)

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## Re:Anybody watch Oprah today?

Posted by Debby - 2007/09/28 17:12

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I saw the one on Sicko. It really makes me want to see the movie.

I missed the one on Children of Divorce, but I am going to order it from her on DVD. I intend to have my client's watch it who are going through custody battles.

Many of you know I am an attorney. Much of my practice is devoted to child custody. I have being doing this for a long time, but this year is the worst I have ever seen. Parents seem to have lost their minds with the the fighting with each other by using the kids. It breaks my heart and makes me angry. Why can't parents understand such behavior is harmful to their children.

You would think that the attention the media has given to this issue, parents would have improved in this area, but they have not. It's worse than ever.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2007/09/28 19:30

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I saw Children of Divorce... it was a good topic... as unfortunately there are a lot of people considering divorce. In this day and age I would expect parents considering divorce would be very sensitive as to how they inform their children of their decision, however, as seen on Oprah... it is not always the case.

The Oprah show on healthcare was done very well... it would be nice if people in government and candidates running for President tuned in.

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## Re:Anybody watch Oprah today?

Posted by Debby - 2007/10/17 13:16

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Oprah had a doctor who has written a great book on menopause. Oprah keeps the book by her bed with her Bible. She swears by it.

The lady doctor was very impressive. I learned a lot and think I might buy the book.

Oprah opened up about her own medical problem involving her thyroid. I have suspected I have a thyroid for awhile now. I'm seeing my endocrinologist in 2 weeks so I intend to find out for sure.

Oprah said that she had bee feeling very exhausted and couldn't figure out what the problem was. She finally figured it out. She didn't say if she was on medication or not, although, I guess she must be. I think that's the only way to treat it. She actually said that she had blown out her thyroid. I don't know what that means, but, that is how she described it.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2007/10/19 07:24

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I saw the show... it was very interesting. I complained to my doctor about feeling very tired and he checked my thyroid... everything is fine with me, however, at times it feels like my metabolism is shot. It is definitely harder for me to lose weight these days, and it sure is easier to put the weight on.

I think Oprah may have a problem with her thyroid, but I think the weight gain may be good old menopause. I remember the big Oprah celebration for her fiftieth birthday... she may be very close to sixty these days... LOL.

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## Re:Anybody watch Oprah today?

Posted by KPW1956 - 2007/10/19 07:47

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I recalled she was a similar age to me so I looked it up.. Her IMDB says that she was born in January of 54.. I'm June 56 so she's got almost 2 and a half years on me.. But I'm only 51 so let's not age Oprah any faster than she has too Mazzy!  
:laugh:

I was diagnosed with a sluggish thyroid. I had hoped that maybe being on the thyroid meds might make my weight drop a bit. Even eating well it's only coming off slowly.

There can be a slew of symptoms with a sluggish thyroid and probably even more if it's totally 'blown' whatever that means..

I can't blame the weight on the thyroid however. After a lifetime of poor choices sometimes I wondered why I wasn't bigger.

I think some of my symptoms are hormonally linked to my menopause.. Or as someone on this forum jokingly referred to it one time as 'Mental Pause'.

Sounds like a show I would have enjoyed watching. Sorry I missed it.

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## Re:Anybody watch Oprah today?

Posted by mazzy - 2007/10/20 09:21

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LOL... thanks for the info... time seems to go very fast these days... I thought Oprah was older... closer to 57... LOL.

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## Re:Anybody watch Oprah today?

Posted by Debby - 2007/10/22 11:31

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mazzy wrote:

LOL... thanks for the info... time seems to go very fast these days... I thought Oprah was older... closer to 57... LOL.

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You crack me up. LOL.

I did wonder when Oprah was describing her grueling schedule, why she puts herself on that hectic of a schedule. I can understand people who work 2 jobs and have no down time because they have a sick relative, have a child in college, or some other monetary burden that requires them to spread themselves so thin, but when you have almost as much money as God, why stress yourself out?

I admire the lady, but don't understand why she is knocking herself out when she doesn't have to.

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### Re: Anybody watch Oprah today?

Posted by mazzy - 2007/10/22 23:35

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I think sometimes one goes through life... pushing hard out of habit. I hope Oprah got a wake up call and if she really needs to slow down she will.

I saw today's Oprah with Dr. Oz re facing death. It was a very inspirational show if that's possible. The two guests are really very special individuals.

I always avoided the subject, but I must admit it was done so well that I can really understand the benefit of the show and the very clear message... live life.

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### Re: Anybody watch Oprah today?

Posted by KPW1956 - 2007/10/22 23:47

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Mazzy,

I saw the last 35 minutes of the show.. I tuned in right when Oprah was giving the floor to the guy with the pancreatic cancer.. I was very moved and it was filled with such wisdom. I know he was doing it so that he could pass a legacy onto his children since they will not remember him very much.. They will be proud of him...

I did a quick search on the guy's name.. and found a website where he had chronicled his disease.. He was originally diagnosed in Sept of 2006.. they keep pursuing new treatment options..and thus far have managed the disease. But they deem it palliative care.. and that it will eventually win.

I know how devastating this disease typically is. One of the worse if not the worst type to get.

An online friend of mine lost her husband to pancreatic cancer a bit more than a year ago. Last I heard from her... she was still struggling with the loss.

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### Re: Anybody watch Oprah today?

Posted by Debby - 2007/10/23 16:37

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I missed all except the first 15 minutes of the show on Facing Death. The first girl on is the one who did the documentary called Crazy, Sexy, Cancer. I hope to catch all of the show on the rerun. I find her very inspirational.

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### Re: Anybody watch Oprah today?

Posted by Debby - 2007/11/07 13:20

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The Osmond family is scheduled to be on Oprah this Friday. I'm not sure if it was taped before their father died yesterday or not.

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I hope this will be a great show. I haven't Donny and Marie in a real interview since Barbara Walters in the early 80's.  
LOL.

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## Re: Anybody watch Oprah today?

Posted by mazzy - 2007/11/10 12:12

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Debby wrote:

The Osmond family is scheduled to be on Oprah this Friday.  
I'm not sure if it was taped before their father died yesterday or not.

I hope this will be a great show. I haven't Donny and Marie in a real interview since Barbara Walters in the early 80's.  
LOL.

I saw the show... it was taped after their father died... they went ahead with the program as a tribute to their parents. It was a beautiful show and was especially nice to see how children appreciate and respect their parents.

It was also amazing to realize that a set of parents who produced 9 children who in turn produced children, grand children and great grand children for a total of 120 people.

Marie is going through a public divorce and said something to the effect that she wished people like her parents could raise the men in the world. It sounded like she admired her parents for the wonderful way they raised their sons... loyalty, honor, respect... was my impression.

I enjoyed the show, and even shed tears.

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## Re: Anybody watch Oprah today?

Posted by Debby - 2007/11/12 12:24

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I cried like a baby all through the show. It was so touching.

It was so wonderful to see them all their despite their health issues. As you may have seen, Alan suffers from MS. He seems to be much improved from how he was a few years ago. Wayne had a brain tumor about 10 years ago. He had sugery at Duke Medical Center here in NC and apparantly has recovered fully. He still performs with the brothers in Branson, Missouri.

How about that doll Marie made in the likness of Oprah!!! I wonder if she will market it. It is one of the most beautiful dolls Marie has ever created. I think Oprah was blown away.

I know I'm prejudice, but I think it was the best Oprah show I have ever seen. If anyone missed it, try to catch it on a rerun.

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## Re: Anybody watch Oprah today?

Posted by mazzy - 2007/11/13 21:04

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I know I'm prejudice, but I think it was the best Oprah show I have ever seen. If anyone missed it, try to catch it on a rerun.

I have to agree with you... it was a beautiful show.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/11/14 13:09

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I think being on Oprah really helped Marie out on DWTS! Last week she was not the strongest dancer and still was voted on. Maybe this really is a popularity contest. LOL. I wonder how she will feel if she wins this thing, despite not being the stongest dancer.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/11/14 20:16

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Debby wrote:

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I agree that being on Oprah helped Marie, however, I think she will still be happy... it's a personal accomplishment... plus she lost weight!

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/11/14 20:18

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I LOVE a good love story... today's show got the tears running.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/11/15 17:35

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I'll try to catch it later today. I'm starting to like Oprah more again and The View less.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/11/29 00:07

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Today's show was so inspirational. Oprah had several weight loss success stories. One woman weighed about 700 pounds and lost 500, a young man weighed 600 pounds and lost lots, others lost 100 pounds. No surgery... the old fashioned way... diet and exercise.

The weight loss and transformation of these people was so remarkable.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/11/29 18:09

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I saw the show and it was amazing. I do think those cases are not very common. Most of the people on the show were

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too large to undergo gastric bypass surgery. I learned from watching the show Big Medicine that some people are too large and are rejected as a candidate for that reason. Some patients they have lose weight before the surgery.

The show really inspired me. I am doing great on my eating, it's my exercise that I must increase.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/11/30 12:00

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I know the value of exercise... hate it, but push myself to at least walk even if it's around the house while I'm on the phone. I have the gadget that counts my steps, and actually feel guilty when I don't move... it's a great motivator for me.

I'm pushing myself to do strength training exercises... while I watch TV... LOL... it's better than just sitting there.

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### Re:Anybody watch Oprah today?

Posted by Debby - 2007/11/30 12:48

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That's great for you! I bought one of those meters that measures your steps, but misplaced it. I think that is a great idea.

In March I moved my office to an historic home. My office is upstairs and there are no elevators so I am going up and down the stairs all day. The conference room and copy room are downstairs too. I thought I would lose weight from all the up and down climbing but that has not happened. LOL.

I have to come up with another plan. I'm now in the market for a tread mill.

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### Re:Anybody watch Oprah today?

Posted by mazzy - 2007/12/01 13:29

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LOL... Have fun!

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